

GV

9512

.C3



Class GV 351

Book .C 3

Copyright N^o

COPYRIGHT DEPOSIT.

. XVIII, No. 210

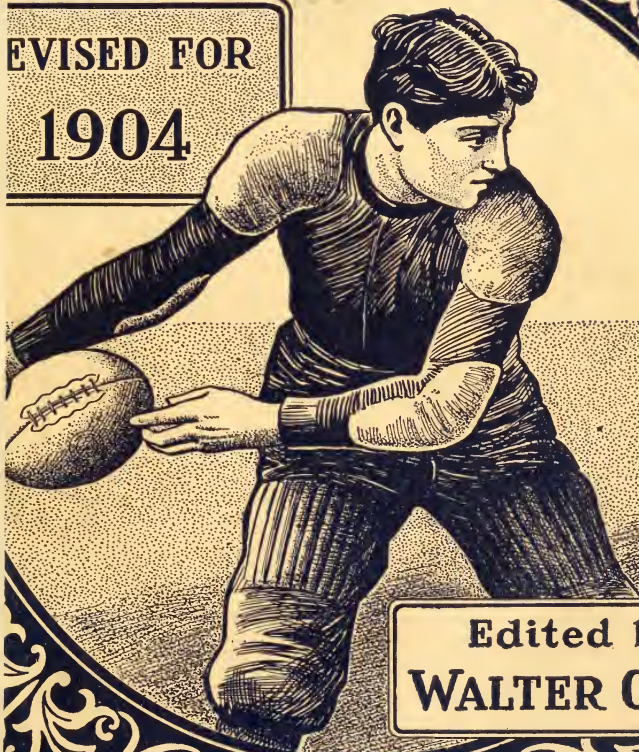
JULY, 1904.

Price 10 cents

SPALDING'S ATHLETIC LIBRARY

HOW TO PLAY FOOTBALL

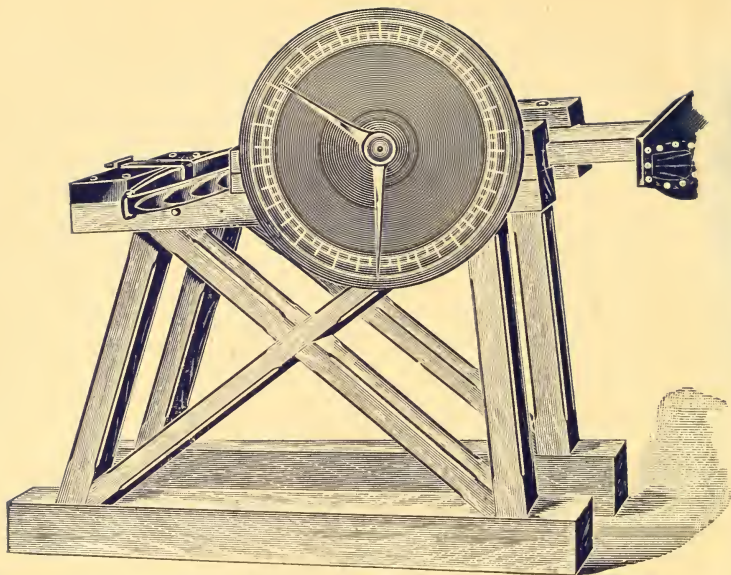
REVISED FOR
1904



Edited by
WALTER CAMP

AMERICAN SPORTS PUBLISHING CO.

15 Warren Street, New York.



THE SPALDING FOOT BALL BUCKING MACHINE

This is a very simple device gotten up some time ago and used for the past two seasons by the Naval Academy Foot Ball Team, at Annapolis. It is particularly recommended for strengthening the men on the line, as it will if used correctly strengthen the shoulders, arms, wrists and the body generally without danger of straining. It has the unqualified approval of some of the best foot ball trainers in the country.

We are sole manufacturers of this machine, and in putting it before our customers we are simply adding another useful device to the many that we have introduced from time to time for the use of athletes, and which are to-day in general use everywhere.

The machine is made throughout of durable material and will stand any amount of fair usage. We guarantee it to be perfect and will replace any defective parts returned to us within reasonable time after purchase.

Will be used by all the most prominent college and university teams.

Price \$75.00 Each

A. G. SPALDING & BROS.

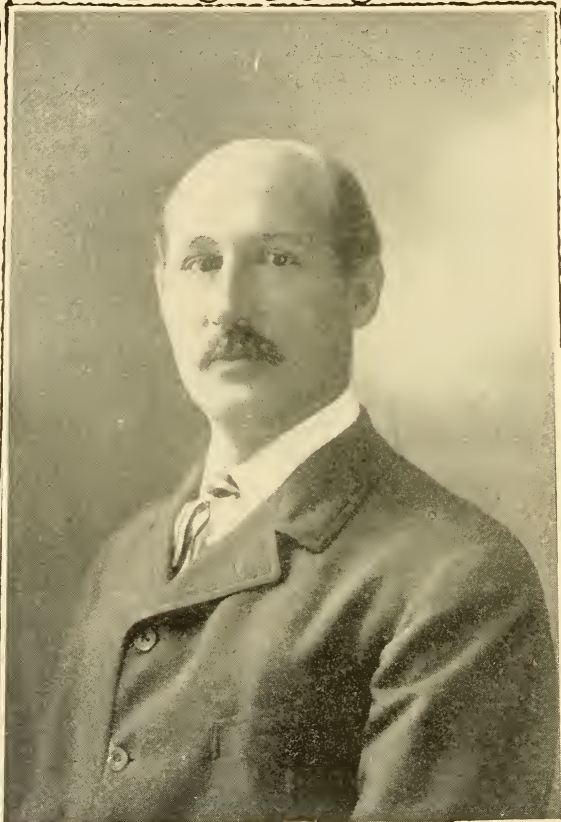
New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England



WALTER CAMP
YALE
MEMBER RULES COMMITTEE.

SPALDING'S ATHLETIC LIBRARY

No. 210

SPALDING'S HOW TO PLAY FOOT BALL

A PRIMER ON THE MODERN
COLLEGE GAME
WITH
TACTICS BROUGHT DOWN
TO DATE

EDITED BY WALTER CAMP

NEW EDITION
REVISED FOR 1904



NEW YORK
AMERICAN SPORTS PUBLISHING COMPANY
15 WARREN STREET

Two Copies Received
AUG 25 1904

Copyright Entry

Aug 2-1904
CLASS a XXc. No.

93281

COPY B

Spalding's How to Play Foot Ball

GV 951

103

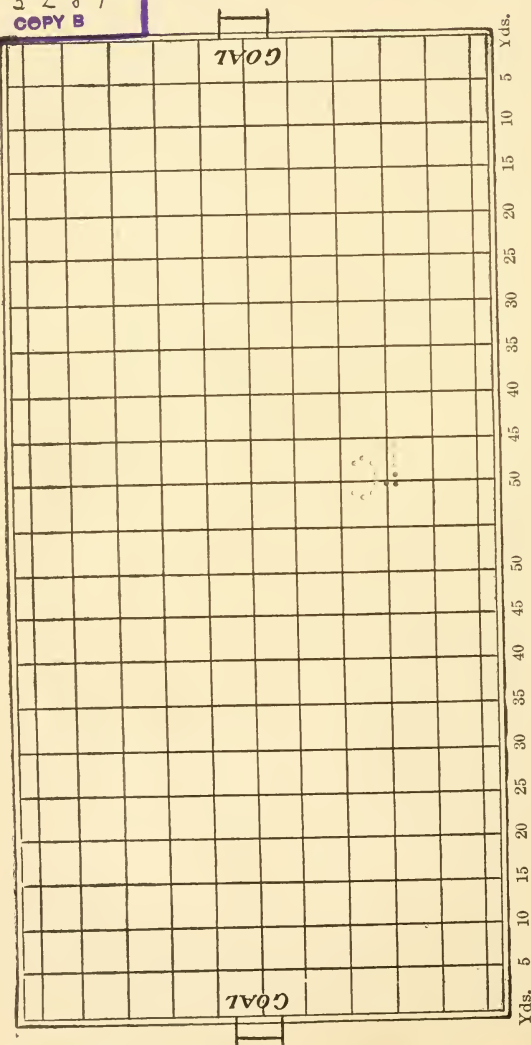


DIAGRAM OF FIELD.

Foot ball rules for the season of 1904 provide that when the ball is put in play in a scrimmage, the first man who receives the ball, commonly known as the quarter-back, may carry it forward beyond the line of scrimmage, provided in so doing he crosses such line at least five yards from the point where the snapper-back put the ball in play. As the field is now marked off with white lines every five yards parallel to the goal line, for measuring the five yards to be gained in three downs, under the rules of 1904 additional white lines, five yards apart, parallel to the side lines, should be marked, running from one goal line to the other, in order to assist the referee in thus determining whether the quarter-back runs under the rules or not. Thus the foot ball field is changed from the gridiron as in 1902 to what now resembles a checkerboard, and the above diagram shows exactly how the field should be marked. As the field does not divide into five-yard spaces evenly in width, it is wise to run the first line through the middle point of the field and then mark off the five yards on each side from that middle line. In order to save labor it may be advisable to omit the full completion of the longitudinal lines and the object of these lines is accomplished if the points where they would intersect the transverse lines are distinctly marked, say, by a line a foot long.

AN INTRODUCTORY CHAPTER FOR BEGINNERS

BY WALTER CAMP

Those who are taking up the sport for the first time should observe certain rules which will enable them to become adept players with less mistakes than perhaps would otherwise fall to their lot.

A beginner in foot ball should do two things: He should read the rules, and he should, if possible, watch the practice. If the latter be impossible, he and his men must, after having read the rules, start in and, with eleven on a side, play according to their own intrepertation of these rules. When differences of opinion arise as to the meaning of any rule, a letter addressed to the publishers of Spalding's Official Foot Ball Guide—the American Sports Publishing Company, 15 Warren Street, New York—will always elicit a ready and satisfactory answer.

The first thing to be done in starting the practice is to provide the accessories of the game, which, in foot ball, are of the simplest kind. The field should be marked out with ordinary line lines, enclosing a space of 330 feet long and 160 feet wide. While not absolutely necessary, it is customary to mark the field also with transverse lines every five yards, for the benefit of the referee in determining how far the ball is advanced at every down, and also with lines running parallel to the side line and five yards apart, in order to aid the umpire in determining whether the quarter-back in making a run follows a certain rule which provides that he must cross the line of scrimmage five yards from the point where the ball was put in play. The same end is accomplished by merely making short marks at right angles on each line. In the middle of the lines forming the ends of the field, the goal posts are erected, and should be eighteen feet six inches apart, with cross-bar ten feet from the ground. The posts should project several feet above the cross-bar. The ball used is an oval leather cover containing a rubber inner, which is inflated by means of a small air pump or the lungs. The ball used by the principal teams is

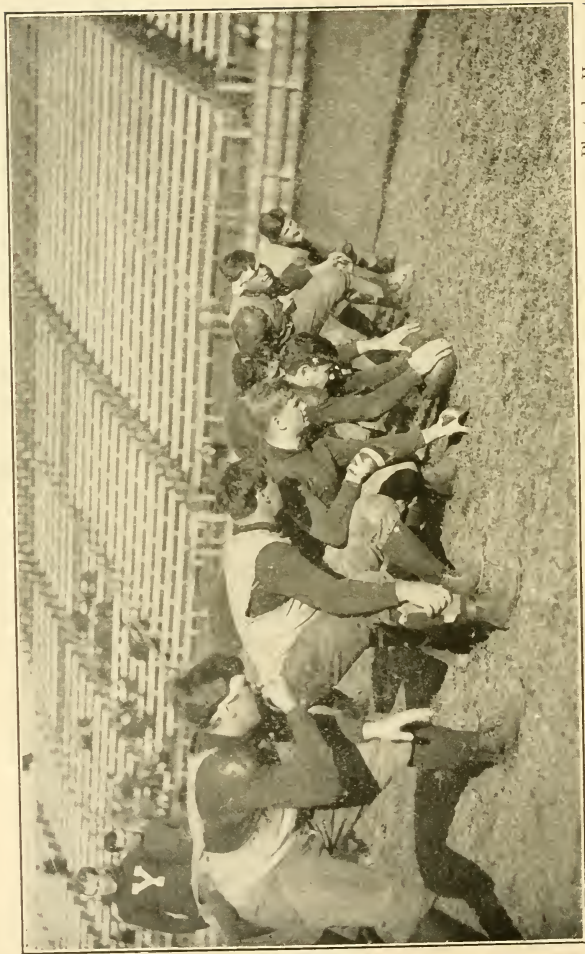
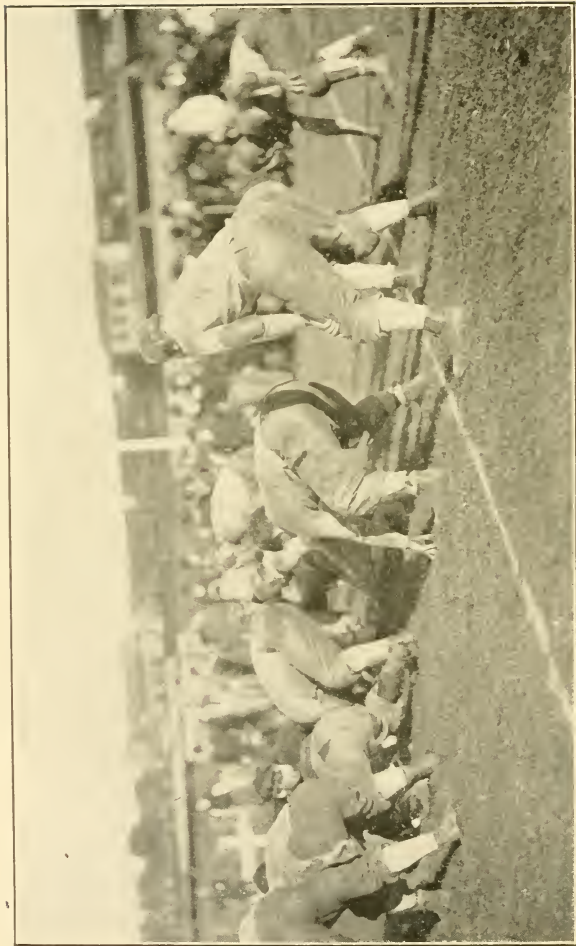


Photo by Hemment

No. 1—A POWERFUL RUSH LINE GOING THROUGH SIGNALS

the Intercollegiate Match, No. J5, adopted by the Intercollegiate Association, and made by A. G. Spalding & Bros. The costumes of the players form another very important feature and should be of a proper and serviceable nature. An innovation in uniforms was introduced a few years ago by Harvard in the shape of leather suits. Although they were expensive, and while not on that account liable to be generally adopted, they were particularly light and good for a rainy day. Canvas makes most serviceable jackets for the players, as do also jerseys reinforced with leather. These can be home-made or purchased at a small expense from any athletic outfitter. The canvas jacket should fit closely, but not too tightly, and lace up in front, so that it may be drawn quite snugly. Some have elastic pieces set in at the sides, back of arms, but these additions are by no means necessary. Jerseys, with leather patches on elbows and shoulders, are also worn. The trousers should be of some stout material, fustian for example, and well padded. This padding can be done by any seamstress, quilting in soft material over knees and thighs, or the regular athletic outfitters furnish trousers provided with the padding. Long woolen stockings are worn, and not infrequently shin guards, by men playing in the forward line. The most important feature of the entire uniform is the shoe. This may be the ordinary canvas and leather base ball shoe with leather cross-pieces nailed across the sole to prevent slipping. Such is the most inexpensive form, but the best shoes are made entirely of leather, of moderately stout material, fitting the foot firmly, yet comfortably, lacing well up on the ankles, and the soles provided with a small leather spike, which can be renewed when worn down. Inside this shoe, and either attached to the bottom of it or not, as preferred, a thin leather anklet laces tightly over the foot, and is an almost sure preventive of sprained ankles. Head gears are made to protect the runner and must not be composed of sole leather, paper mache, or any other hard, unyielding substance that might injure another player. A soft leather, with pneumatic tube around the top, is one of the best of these head protectors. (A complete list of a foot ball player's requirements will be found in a subsequent chapter in this book.)



No. 2--FORMATIONS UNDER NEW RULES WITH A RUN AROUND THE END. MAN AT THE RIGHT
MUST BE OUTSIDE POSITION OCCUPIED BY MAN ON THE END OF THE LINE

Photo by Hamment

Underneath the canvas jacket any woolen underwear may be put on, most players wearing knit jerseys. As mentioned above, there are several players who can, to advantage, go without the regulation canvas jacket and wear a jersey in its place. These are especially the quarter-back, the centre-rush or snap-back. Of recent years backs and linemen tend more than ever to the adoption of the leather-reinforced jersey.

The team of eleven men is usually divided into seven rushers or forwards, who stand in a line facing their seven opponents; a quarter-back, who stands just behind this line; two half-backs, a few yards behind the quarter-back; and finally, a full-back or goal tend, who stands at kicking distance behind the half-backs. This gives the general formation, but is, of course, dependent upon the plays to be executed.

Before commencing practice, a man should be chosen to act as referee, umpire and linesman, for in practice games it is hardly necessary to have more than one official. The two sides then toss up, and the one winning the toss has choice of goal or kick-off. If there be a wind, the winner will naturally and wisely take the goal from which that wind is blowing and allow his opponent to have the ball. If there be no advantage in the goals he may choose the kick-off, and his opponents in that case take whichever goal they like. The two teams then line up; the holders of the ball placing it upon the exact centre of the field, and the opponents being obliged to stand back in their own territory at least ten yards, until the ball has been touched with the foot. Some man of the side having the kick-off must then kick the ball at least ten yards into the opponents' territory. Preferably, therefore, he will send it across the goal line or else as far as he can, and still have his forwards reach the spot in season to prevent too great headway being acquired by the opponents' interference, but he will not kick it across the side line. The opponents then catch it and return it by a kick, or they run with it. If one of them runs with it he may be tackled by the opponents. As soon as the ball is fairly held; that is, both player and ball brought to a standstill, the referee blows his whistle and the runner has the ball "down," and someone upon his side, usually the man called

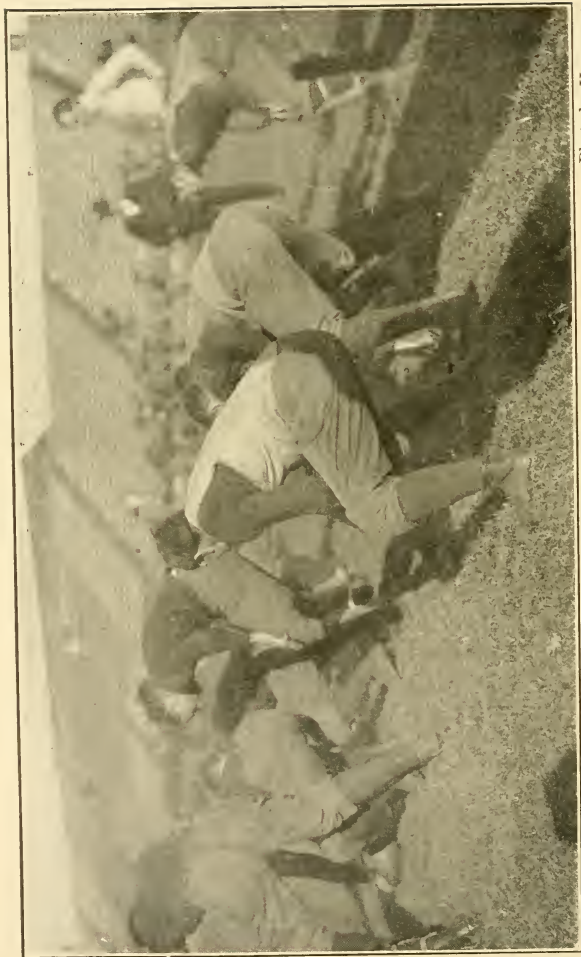
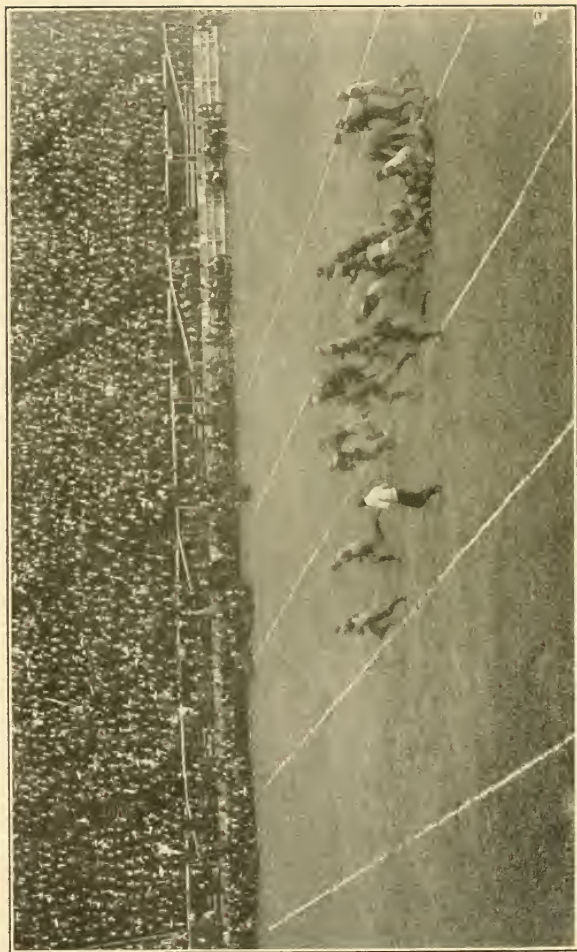


Photo by Hemment

No. 2A—TACKLE-BACK FORMATION

the snap-back or centre-rush, must place the ball on the ground at that spot for a "scrimmage," as it is termed. The ball is then put in play again (while the men of each team keep on their own side of the ball, under the penalty of a foul for off-side play) by the snap-back's kicking the ball or snapping it back, either with his foot, or more commonly with his hand, to a player of his own side just behind him, who is called the quarter-back. The ball is in play, and both sides may press forward as soon as the ball is put in motion by the snap-back. Naturally, however, as the quarter-back usually passes it still further behind him to a half-back, or back, to kick or run with, it is the opposing side which is most anxious to push forward, while the side having the ball endeavor by all lawful means to retard that advance until their runner or kicker has had time to execute his play. It is this antagonism of desire on the part of both sides that has given rise to the special legislation regarding the use of the hands, body and arms of the contestants—and beginners must carefully note the distinction. As soon as the snap-back has sent the ball behind him, he has really placed all the men in his own line off-side; that is, between the ball and the opponents' goal, and they, therefore, can theoretically, occupy only the position in which they stand, while the opponents have the legal right to run past them as quickly as possible. For this reason, and bearing in mind that the men "on side" have the best claim to right of way, it has been enacted that the side having possession of the ball may not use their hands or arms, but only their bodies, when thus off-side, to obstruct or interrupt their adversaries, while the side running through in the endeavor to stop the runner, or secure possession of the ball, may use their hands and arms to make passage for themselves. The game thus progresses in a series of downs, followed by runs or kicks, as the case may be, the only limitation being that of a rule designed to prevent one side continually keeping possession of the ball without any material advance or retreat, which would be manifestly unfair to the opponents. This rule provides that in three "downs" or attempts to advance the ball, a side not having made five yards toward the opponents' goal must surrender possession of the ball. As a



No. 2B—TACKLE-BACK FORMATION SUCCESSFUL IN GETTING MAN THROUGH THE LINE

Photo by Burton

matter of fact, it is seldom that a team actually surrenders the ball in this way, because, after two attempts, if the prospects of completing the five-yard gain appear small, it is so manifestly politic to kick the ball as far as possible down the field, that such a method is more likely to be adopted than to make a last attempt by a run and give the enemy possession almost on the spot. In such an exigency, if a kick be made, the rules provide that it must be such a kick as to give the opponents fair and equal chance to gain possession of the ball and must go beyond the line of scrimmage unless stopped by an opponent. There is one other element entering into this progress of the game, and that is the fair catch. This can be made from a kick by the opponents, provided the catcher takes the ball on the fly, and, no other of his own side touching it, plants his heel in the ground at the spot where the catch is made. This entitles him to a free kick; that is, his opponents cannot come within ten yards of his mark, made by heeling the catch, while he (and his side) may retire such distance toward his own goal as he sees fit, and then make a punt or a drop, or give the ball to some one of his own side to place the ball for a place kick. Here again, as at kick-off, when taking the free kick, he must make an actual kick of at least ten yards, unless the ball is stopped by the opponents. His own men must be behind the ball when he kicks it, or be adjudged off-side.

Whenever the ball goes across the side boundary line of the field, it is said to go "into touch," or out of bounds, and it must be at once brought back to the point where it crossed the line, and then put in play by some member of the side which carried it out, or first secured possession of it after it went out. The method of putting it in play is to take it to spot where it crossed the line and then carry it at right angles into the field at least five and not more than fifteen yards, and make an ordinary scrimmage of it, the same as after a down. The player who intends walking in with it must, before stepping into the field, declare how many paces he will walk in, in order that the opponents may know where the ball will be put in play. We will suppose that the ball by a succession of these plays, runs,

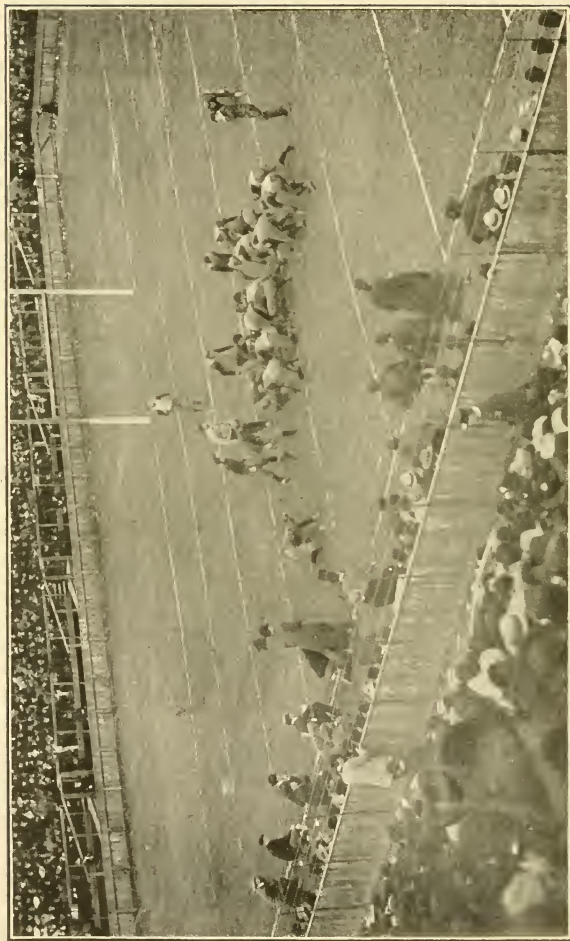


Photo by Burton

No. 3—HARVARD'S TANDEM FORMATION

kicks, downs, fair catches, etc., has advanced toward one or the other of the goals, until it is within kicking distance of the goal posts. The question will now arise in the mind of the captain of the attacking side as to whether his best plan of operation will be to try a drop kick at the goal, or to continue the running attempts, in the hope of carrying the ball across the goal line, for this latter play will count his side a touchdown, and entitle them to a try-at-goal. On the other hand, upon any first down when inside the twenty-five-yard line, if he try a drop-kick or a place kick at goal and fail to score, the ball can be brought out, not for a twenty-five-yard line kick-out, but only a ten-yard one; that is, his side can line up at ten yards, so that the defenders of the goal are actually forced to kick out from almost within their own goal. In deciding, therefore, whether to try a drop-kick, or continue the running attempts, he should reflect upon this and also upon the value of the scores. The touchdown itself will count 5 points, even if he afterward fail to convert it into a goal, by sending the ball over the bar and between the posts, while, if he succeed in converting it, the touchdown and goal together count 6 points. A drop kick, if successful, counts 4 points, but is, of course, even if attempted, by no means sure of resulting successfully. He must, therefore, carefully consider all the issues at this point, and it is the handling of those problems that shows his quality as a captain. If he elects to continue his running attempts, and eventually carries the ball across the line, he secures a touchdown at the spot where the ball is finally held, after being carried over, and any player of his side may then bring it out, and when he reaches a suitable distance, place the ball for one of his side to kick, the opponents, meantime, standing behind their goal line. In placing the ball it is held in the hands of the placer, close to, but not touching the ground, and then carefully aimed until the direction is proper. Then, at a signal from the kicker that it is right, it is placed upon the ground, still steadied by the hand or finger of the placer, and instantly kicked by the place kicker. The reason for this keeping it off the ground until the last instant is that the opponents can charge forward as soon as the ball touches the ground, and hence would surely stop the



Photo by Hemmen.

No. 4—QUICK OPENING THROUGH GUARD FOR MASS PLAYS

kick if much time intervened. If the ball goes over the goal, it scores as above indicated, and the opponents then take it to the middle of the field for kick-off again, the same as at the commencement of the match. The opponents have the privilege either of taking the kick-off themselves or of having the side which scored kick-off. The ball is also taken to the centre of the field if the goal be missed after a touchdown, although formerly the opponents could then bring it out only to the twenty-five-yard line.

There is one other issue to be considered at this point, and that is, if the ball be in possession of the defenders of the goal, or if it fall into their hands when thus close to their own goal. Of course, they will naturally endeavor, by running or kicking, to, if possible, free themselves from the unpleasant situation that menaces them. Sometimes, however, this becomes impossible, and there is a provision in the rules which gives them an opportunity of relief, at a sacrifice, it is true, but scoring less against them than if their opponents should regain possession of the ball and make a touchdown or a goal. A player may at any time kick, pass or carry the ball across his own goal line, and there touch it down for safety. This, while it scores two points for his opponents, gives his side the privilege of bringing the ball out to the twenty-five-yard line, except as noted above, and then taking a kick-out, performed like kick-off or any other free kick, but it can be a drop-kick, a place-kick or a punt.

The succession of plays continues for thirty-five minutes in a regular match. Then intervenes a ten-minute intermission, after which the side which did not have the kick-off at the commencement of the match has possession of the ball for the kick-off for a second thirty-five minutes. The result of the match is determined by the number of points scored during the two halves, a goal from a touchdown yielding 6 points, one from the field—that is, without the aid of a touchdown—4 points; a touchdown from which no goal is kicked giving 5 points, and a safety counting 2 points for the opponents. In practice it is usual to have the two periods of play considerably shorter than thirty-five minutes, generally not over twenty or thirty.

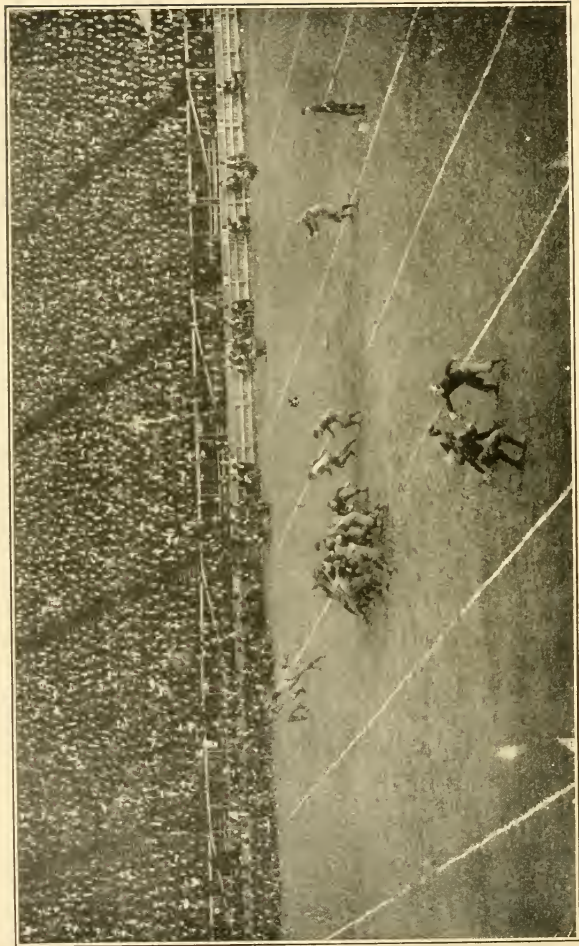


Photo by Burton

No. 5—PASSING BALL FOR A PUNT

HOW TO PLAY FOOT BALL

BY WALTER CAMP

I wish to preface the brief remarks which I take occasion to make in this chapter regarding special plays in foot ball with the statement that they are not intended to cover the first principles of the individual positions in the game. In another book I have dwelt upon these at length, and have there defined with as great accuracy as I could the principal duties assignable to the occupant of each position on the team. In addition to this, I have there given the main features of team play. It is worth while to mention this at the outset, because a team can make no greater mistake than by taking up what are known as "trick" plays, or, in fact, any of the ordinary team plays in the present modern game, before the individuals of that team have become thoroughly perfected in the practical rudiments of the game, and perform almost by instinct the ordinary duties of their positions. A team which undertakes to make strategic plays before mastering these primary points will always find itself working at a tremendous disadvantage, and the waste of power will be almost incalculable. Perhaps I could not put it more plainly than to say that the tendency is altogether too much toward what is known as "git thar" principles in all of our lines of sport to-day. A crew endeavors to row in a shell before learning the principles of the stroke; our boxers are apt to go in for the swinging, knock-out blow at the sacrifice of the more old-fashioned, but better form, sparring; but in none of these forms is it more evident than in the one under discussion, namely, foot ball. It is not at all uncommon to see a team playing intricate criss-crosses, double passes and concealed ball plays, whose men are still tackling high, and whose half-backs kick a punt from low down on the toe. To every reader of this book then, I say with the heartiest good will, master the rudiments first if you wish to make yourself valuable to any team; master them thoroughly if you wish to see your team win when it comes to



No. 6—BLOCKING AN END FROM RUNNING DOWN THE FIELD

Photo by Hemment

important matches. These special plays which follow are plays which captains and coaches can work out to an almost infinite number of variations, but it will be the individual players on the team who will, in the end, determine whether the use of these plays will turn out successfully.

Under the present rules, whenever a free kick is attempted, it must be an actual kick of not less than ten yards into the opponent's territory. For this reason all the flying wedge opening plays of some years ago, as well as formed wedges from fair catches and kick-outs have disappeared. The captain now has to perform the principal part of his strategic play, outside of the kick, from ordinary downs, instead of from what have been called "free kicks," but what have been really "free wedges." Furthermore, the changes in rules for 1903 and 1904 make one of the prime essentials of a good team proficiency in running from regular formations.

I, therefore, begin with running in the line. By this I mean running by any one of the seven men forming the forward line in the team. Some years ago there was a great deal of guard running, and in a good many books published recently on the game, the guard is spoken of as by all odds the most available man in the line for running with the ball. That is true to this extent. The guard occupies a good position for short and, perhaps, unexpected runs, but with the modern game the guard is such a feature in the defensive work that it has become a good deal of a question whether he ought to be given much running to do on his own account, and especially from his position in the line. If he be taken back into what is known as the tackle back formation he does the same work, but with a far greater conservation of energy. But if the reader will bear this in mind, and so not make use of his guard except to such an extent as shall still preserve the guard for his ordinary work, one can say that he has in these guards two available men in the line. The most natural run for the tackle is between the tackle and guard on the other side of the line from which the tackle stands. In the performance of this run, the principal feature is to disguise the fact that the tackle is about to start, and his

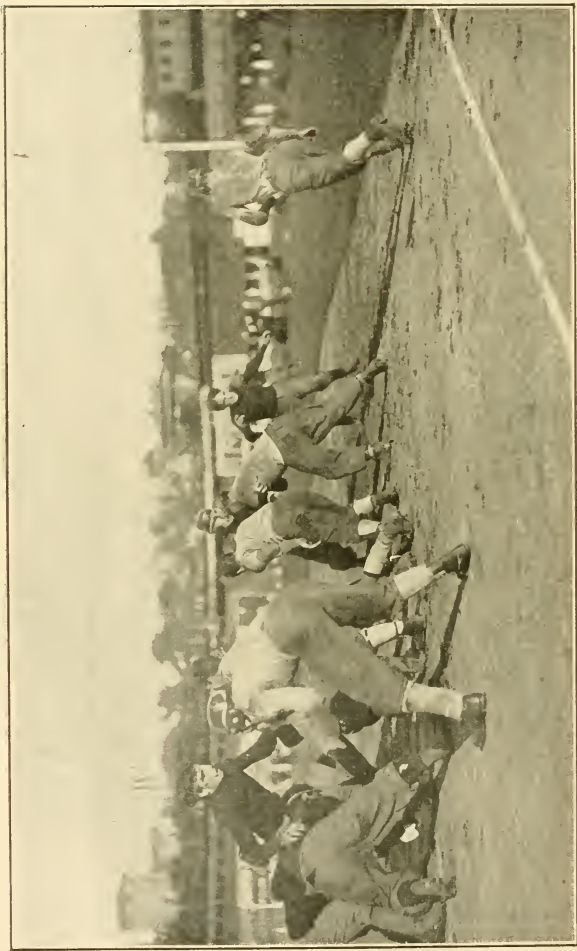


Photo by Kemment

No. 7—GOING ROUND END FOR A LONG RUN

getting a quick and free start, not followed, or followed at a considerable distance only by his vis-a-vis. In order to do this he must form the habit of holding himself in the same position when he is not going to make this run that he occupies when he is going to undertake it, for any difference will indicate to his opponent what the play is to be. But, breaking away, he runs closely behind the quarter-back, taking the ball on the fly as he passes, and making a short and sharp dash in between his own guard and tackle, or preferably just about over the tackle's position, who, with the assistance of the half and full-back, one usually preceding and the other following, break through with him, his own quarter-back and end protecting him from behind, also closing in upon him as he goes through. A tackle can also be run in a similar fashion between the tackle and end, guard and centre, or even entirely around the end, but this latter play is of no great value except with particularly fast tackles, and more than that, it uses up the tackle's wind a good deal more than when he goes through the line, because the interference is likely to stand out pretty well toward the edge of the field, and the tackle will run his full distance and not be able to get through the end after all, thus having taken a considerable dash and under high speed and with no good result, but merely the loss of a down. In defining the tackle's running, I have also defined the running of the guard where he goes around behind the quarter in a similar fashion. But there is one other style of running for the guard which is perhaps more common, and that is to drop him back, and after allowing him to interfere for the running half once or twice to disguise the play, allowing him to run himself, going between, perhaps, the centre and guard or even the guard and tackle. Such plays will still be used by placing a back up in the line and taking the heavier guard back. These plays are strong where the guard is a big man and a hard runner with good legs. A fat man is useless in such a case. The University of Pennsylvania performed some very excellent work in dropping guards back as interferers, and also in giving the guards themselves the ball occasionally. The ends may be used exactly as the guards or tackles in running, or they may

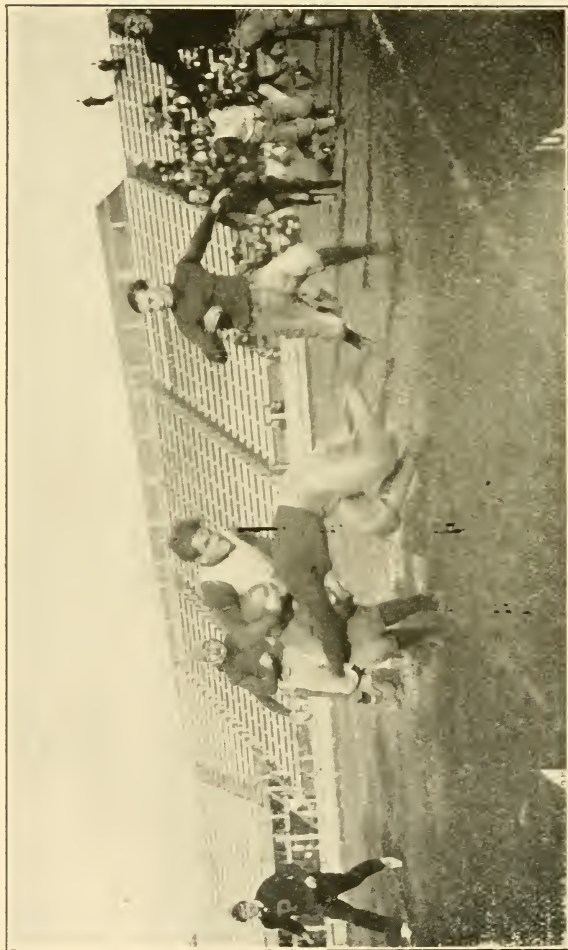


Photo by Burton

No. 8-A GOOD, CLEAN TACKLE

be dropped back of the line into practically the half-back positions, and transferring positions and alternating with the half-back taking the ball. One of the most effective plays ever worked was that in which the end-rusher was dropped back of the line and sent in between the tackle and guard repeatedly, on his own side, the ball being passed to him quite a little distance from the quarter. Then suddenly the same play was made, and the ball was passed directly over the head of this end-rusher to the half-back, who had crept out beyond, and who thus took the ball in a free field and made a free, long run. This was repeated again in the same game, showing that the play itself was good even to be used more than once. The above plays are also assisted by special formation, the players taking positions on signal.

The new rules offer an added opportunity for the development of plays of this character, provided it is found that the six men in line, with one man outside the position of end, can be adapted to this exigency.

All the line men can be used for short dashes into the line on their own side in the same way as that described for the guard and the end, but these plays are exceedingly difficult against an expert team. Occasionally the half-back can be used to dash through the line, but it is the exception when a line man is quick enough for the play. Other runs which are possible by the line men are, of course, cris-crosses and double passes. One instance of these cris-crosses will illustrate sufficiently to enable a captain or coach to carry out a great variety of them, using every man in his line if he wishes. Let us take, for instance, the tackle and half-back cris-cross. As in the instance I described of the ordinary tackle run, the tackle—say the left tackle—suddenly shakes himself free from his opponent and dashes straight at the quarter, a few feet behind him, of course; the quarter passes him the ball as he reaches him, exactly as though the left tackle were then going around between the right tackle and the guard. But instead of doing this, the left tackle passes to the right half, who runs to the left end, the half, full-back and quarter all interfering for him. The great point in this play is to see that the opposing

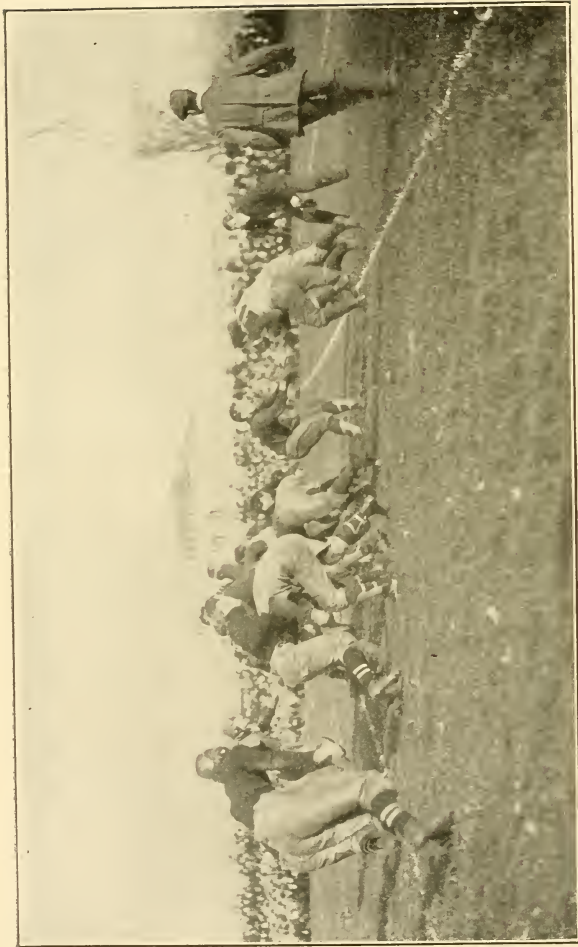


Photo by Burton

No. 9—A RUN AROUND THE END

right tackle does not get the runner as he starts off to get the ball, and furthermore, that this right tackle and right end are blocked late but long. Such a cris-cross can also be worked with the end, and with the guard it can also be tried to turn either inside or outside of the end. So much for the line men running.

Next we come to the half-backs and full-backs. Every one is familiar with the following plays, which we only mention in order to call them to the attention of the captain who is studying out in the early part of the season what plays he shall make the most of. The half-back running on his own side between any of the various men in the line; the half-back running between any of the men on the side away from his own side; the full-back running on the right side or the left side through the same openings and under the same circumstances and with practically the same interference, for in the modern game the captain is wise who uses his three men behind the line in such a way that any one of them may perform any of the various plays devised for the backs, and then maintain a similar formation, no matter what the play is to be. More than once has a team in one of the biggest championship matches of the year betrayed its own plays by the movement of the men just previous to the snapping of the ball, and one cannot too strongly deprecate the exact detailing of certain movements in certain plays to get through or block or to take care of particular individuals when that move leads to the betrayal of the play before it has actually come off. The cardinal points to be remembered regarding running by the half-backs and full-backs are these: That the interference must depend upon the speed of the men engaged, and that no interference should be such as to slow up the runner appreciably, unless it be for some trick play or double pass where the slowing up of the runner means merely his being caught after getting rid of the ball. I have seen many a good team spoiled by their attempting to follow out a set rule as to the order in which interferers should reach the end. For instance, in the days of Heffelfinger, he showed how a guard could readily go from his own position out to the opposite end, and before the runner, and interfere most nobly for him all the way down the field. For this reason

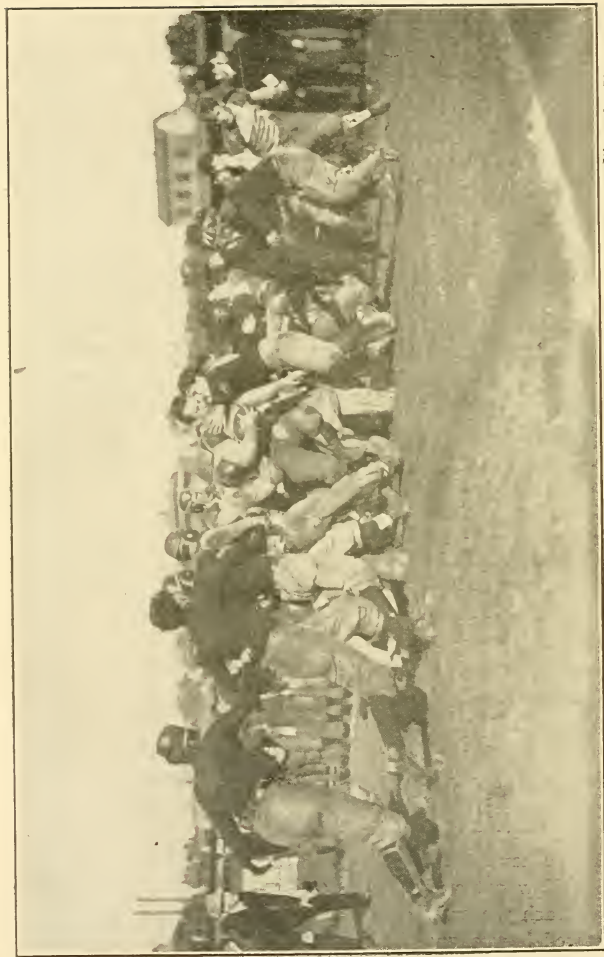


Photo by Hemment

No. 10—BREAKING THROUGH THE LINE

every guard was at once coached to go out and interfere on the end. Three out of five were too big and slow to accomplish this to any advantage, but that did not seem to make any difference. Somebody had written that the guard should interfere on the end, and the result was that everybody had to wait until the guard got out there. Meantime, the runner was usually caught from behind. A good guard who can pick up his feet lively, and who can get around quickly and easily after blocking, can get out before an ordinary fast runner. So, too, can the opposite end. This season it is not unlikely that the man who is allowed to play back of the line, provided he is outside the position of the man on the end of the line, will be that used as an interferer. Some teams use the tackle here, but this is a mistake, because the tackle should slow up the opposing tackle and should also make the play safe from behind. A team ought not to have a quarter-back who is too slow to get out to the end as an interferer before the back with the ball reaches the other point. But for all that there are quarter-backs, and good ones, too, who are a little slow in this and hold back the runner. These men should either be coached into better speed or taught a little different way of getting rid of the ball on the run, perhaps, or be sent to perform the tackle's duties, and let the tackle get there if the tackle is a remarkably fast man; otherwise such a transfer would only make bad worse. From what I have already said the captain can see that he must measure his interference by the speed of his interferers, and match them with the speed of his runner with the ball in order to satisfactorily solve the equation for his own team. It is the captain of brains who wins by doing just these things, while the captain without them takes the hard and fast rule that has been laid down by some one, perhaps of his own team, who has written an article from the knowledge of only one or two teams, and thinks that all can be brought up to exactly the same point in the same way.

Regarding going through the line close to the centre by backs (and by backs I mean the half-backs as well), there are two ways of helping a man through the line. One is to batter a hole before him and let him slip through, and the other is to put him

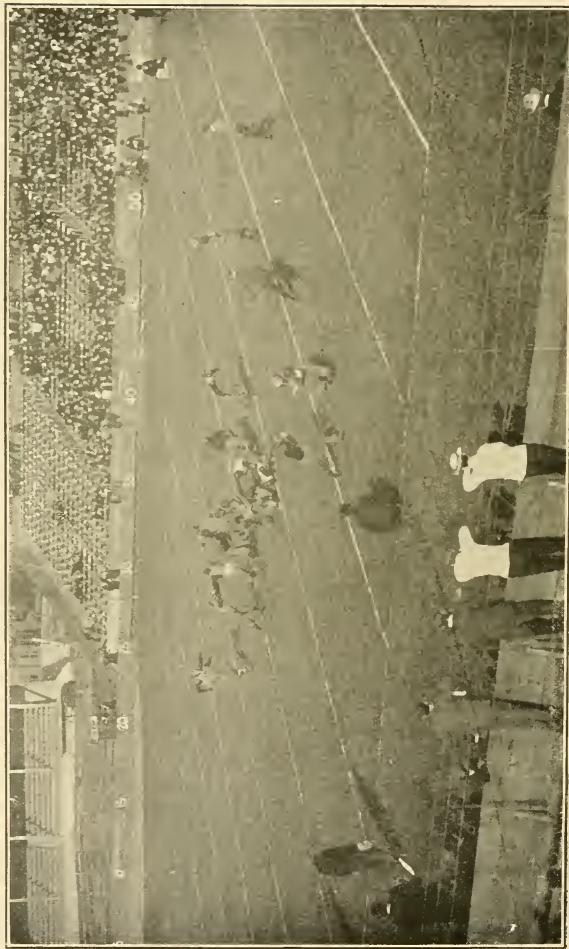


Photo by Hemment

No. 11—ONE OF DEWITT'S FAMOUS PUNTS FOR 50 YARDS

up against the line and then push him so hard that the line has to yield and let him through. There are line plays which combine a variety of these tactics, but there are some principles to be remembered in connection with them which will give them something more than a careless "hit or miss" move. In the first place, a big, heavy man should never be run into the line with one or two light interferers preceding him, whereas a light man can be run in behind two heavy men with abandon. The reason for this is that there are times when the hole will be choked up in spite of the attempt of the interferers, and a heavy man getting his head down may strike one of the interferers in the back and incapacitate him for further work. It is not so apt to hurt the runner as it is the man whom he strikes, although there have been cases of injury to the runner. When the hole is choked up, and heavy men are interfering, they can usually keep the mass moving away from the runner, even if they do not open the hole for him, and this play is much less hard and far less dangerous. In sending two light interferers ahead to spring an opening for the runner, it should be borne in mind that an opening made in this way is a quick, sharp one, and should not be called upon to rely for its efficacy upon steady pushing. An opening, on the other hand, made by two heavy men in this fashion can be much smaller and rely largely upon the accumulated force even after the runner strikes the line. The men who go ahead to interfere must always remember if they have to go down to fall away from the opening and not block it up. The men who run behind the runner should always remember that it is their duty not only to protect him from behind and push and crowd him when he begins to slow up, but never, under any circumstances, to interfere with his legs. Careless men going behind a runner will oftentimes step on his heels and throw him when the runner left to himself could have made his distance. The ends are particularly serviceable in this pushing work, and there are very few ends at the present day who do not understand their half-backs and backs so well that they can go up with them into line and give them courage and assistance by pushing after they have struck the line.

To come now to the wedges or mass plays. Owing to the



Photo by Hemmelt

No. 12—DE WITT OF PRINCETON PLACE KICKING

prejudice of the public and the feeling that wedge work was taking too much of the attention of the players, captains and coaches, the rule-makers attempted to eliminate a great deal of this work by the passage of a rule against momentum-mass plays as well as the passage of a rule insisting upon actual kicks. This latter rule I have mentioned earlier in this book. There is no question but that this has done away with a great deal of the most showy part of the flying wedge, but rules against momentum-mass playing have not and are not likely to eliminate the use of the principle of wedges. They took off the weight which it was possible to get into these wedges, and in that way were an excellent thing, but it would take more severe legislation to eliminate all mass plays, and it would probably take away much from the strategical use of men. The mass play of years ago was not particularly dangerous in the big games, and, in fact, it was found that a good deal of the trouble came from school teams and teams where it was possible for one boy on the team to be considerably larger and older than his companions, and who was used as a peak of the flying wedge to the imminent risk of the limbs of his smaller opponents. But the fear that even in the big games the flying wedges would come to be used to exhaust some one good player on the other side, rather than for their proper purpose of gaining ground, became so strong that the legislation was demanded. Wedges, therefore, became wedges from downs, and of all of these the most successful will always be those in which two or three men are started well back of the line, and these men are afterward joined, after the ball is actually put in play, by two or three others, and this entire mass then crowds through the line at the point.

The revolving wedge is likely to be used to some extent. In this some lineman drops back, under the new rules, exchanging positions with a back. When the signal is given the ball is snapped, the quarter hands it to the full-back or the half-back, either will do, according to agreement, and the entire mass of men push forward directly on the guard. Having pushed for a moment until they feel the impetus checked they

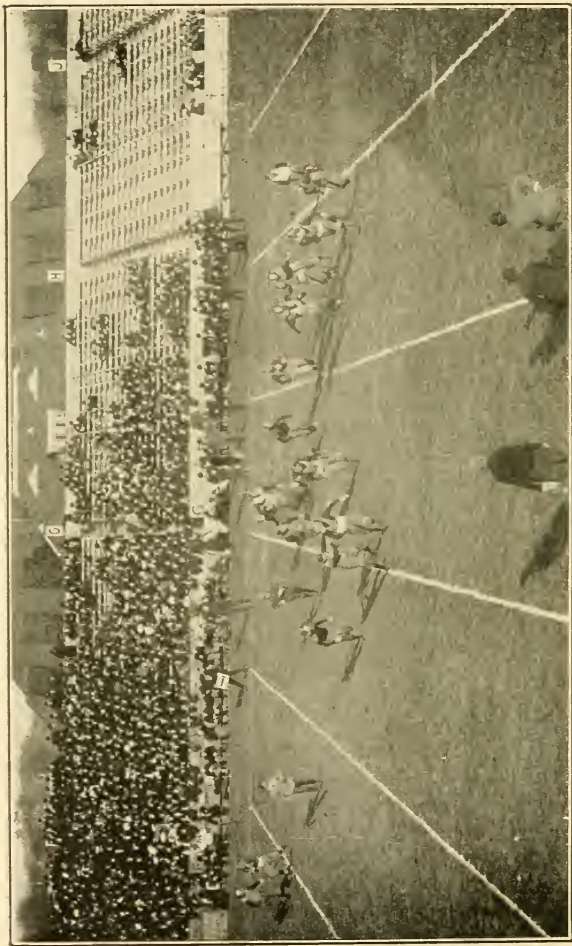


Photo by Remment

No. 13—A WIDE RUN AROUND THE END

then turn their entire force in the direction of the guard on the other side, thus making it as nearly as possible at right angles to their former pushing, and keeping up a steady pressure there. And it will be found that the opponents, in attempting to resist the first onslaught, have directed their force straight down the field, and will not get back to this revolving mass, so that it is quite possible to crowd the runner by them some yards. Wedges at the end of the line, that is, the formation of wedges before the ball has been snapped, have not proven successful as yet, although there is no doubt but that there is a good principle involved, and if every team could be properly trained to perform them, it is possible that they might be efficacious, but they are altogether too complicated and as yet have not been fortunate enough to secure the brand of success. For this reason it has hardly been advisable even for the best of teams to undertake, at the expense of their other plays, this so far unsuccessful manœuvre. The rules of 1904 offer a premium upon this that may lead to development. In forming wedges the captain should always bear in mind that it is the legs of the wedge which count even more than the weight, and for this reason it is practice which makes the wedges successful and not merely the extra pounds in the team. A good, clever, pushing team made up of only average men in weight, may push a big, heavy, unskilled team around almost at will, simply by the strength and precision of their work, attained only through long and careful practice. For this reason the captain should select such wedges as he decides are the most advantageous for his team early in the season, and then stick to those wedges and practice them unfailingly day after day until every man is perfect in his part and knows how to do that most valuable of all things in this work, namely push.

To come to the last point of this brief summary of plays, namely, kicking. This department under the rules of 1904 becomes still more important. The special points about kicking will be the accurate placing of the ball and the acquirement of long-distance punting as well as place kicking. Kicking into touch, where admissible under the rules, should be made



Photo by Burton

No. 14—BUCKING HARVARD'S LINE

much more of, and it is becoming absolutely necessary for a team to have good punters and quick, sharp kickers in order to take advantage of certain modifications in the laws of the game. To go into the details of these kicks would be an almost infinite task, but the captain can study out the situation from the following premises: A kick is absolutely necessary at kick-off, kick-out and every fair catch. What kind of a kick then will be most advantageous to his team? A short one, high, where his man can get under it, or a long-distance one giving the opponents a chance, perhaps, of return, but enabling him, if he has fast ends, to hold the ball down at the distance of the kick?

Kicking has thus come to be an absolute essential in a well-rounded team, and the style of that kicking adapted to the make-up of the individual components of that team in end rushes, tackles and backs.

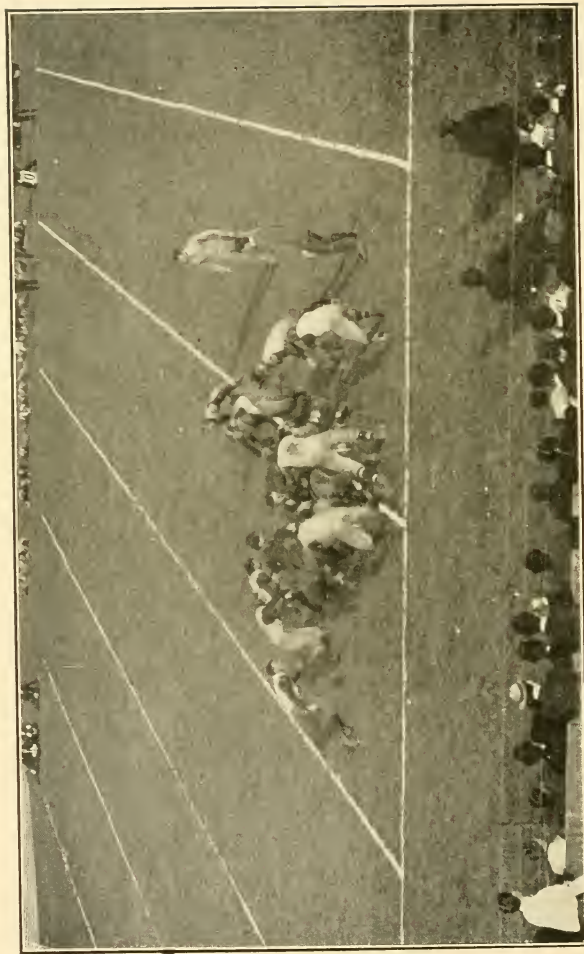


Photo by Burton

YALE'S TACKLE-BACK PLAY WHICH WAS SO UNIFORMLY SUCCESSFUL UNDER OLD RULES

TACKLE BACK FORMATIONS MODERN PLAY

BY WALTER CAMP

The work of the team may be generally divided into that of the line and backs. In this division the work of the backs includes all the work done behind the line of scrimmage whether a line man is drawn back there or not. Bearing in mind this general division, a coach should so sub-divide the work as to insure the proper development of these two bodies and in order to effect this he can put as much individual coaching on the members of the team as he can secure.

It has come to be a pretty generally accepted axiom of foot ball that a good line is a prime essential to success. Not that a team with a good line and poor backs can win, but that no matter how good the backs are, if the team is handicapped by a poor line, that team is pretty sure to lose. This, while true in a measure, has been magnified by many coaches to such an extent that there is a feeling of hopelessness and helplessness when a line is not made up of star players. This is all wrong, for stars are by no means essential to a good line. A certain amount of weight is, however, a necessity. A team with a light centre trio can never hope to cope with heavy opponents. A single individual in the centre, flanked by two big guards, may at times be carried, if he is muscular, aggressive and experienced. But, as a rule, it is wise to start out with plenty of weight in these positions and spend the time in teaching the men how to play them than to waste time on men who, while giving considerable early promise for the position on account of greater activity, are really too light to fill the place. Our illustration, No. 1, on page 6, shows a heavy line in position to go through signals. It will be noticed that the very attitude of the men shows power and solidity. In fact, this line exhibited in its later work in the season all the qualities which go to make up a first-class aggregation of forwards.

The ordinary game of foot ball with the general division of



Photo by Fearce

PRACTICING DOUBLE PASS *

* This, and the illustrations upon pages 42, 44 and 46, were taken in Summer practice, hence the light costumes,

plays and the characteristic features of the game, is now too well understood to need any special description. There may grow up in a few years, thanks to the crystallization of the rules whereby coaches and players know that they will not have to give up their perfected forms of attack because those who had not developed the game so far felt that the game was becoming more one of weight than science, a greater organization and development of the forms of assault which will be equally well met by a further perfection of defence.

The main features of a foot ball contest may be divided into individual and team play. The individual work blends into that of team play, but there are certain points that may be classed as distinctly individual. Kicking, for instance, is an individual acquirement, although it requires the perfection of the rush line and a good pass to make it effective. With the development of the modern game, kicking has in a fair manner kept pace through the development of special individual kickers, from time to time, like Bull of Yale, Brooke of Pennsylvania, Hirshberg of Chicago, O'Dea of Wisconsin, Haughton of Harvard, Mitchell of Yale, and DeWitt of Princeton; the last, indeed, a very remarkable man.

While kicking is the main point of individual work and has been fairly developed, we know that it has by no means reached its limit, not that we expect men to kick further than DeWitt, or make a drop kick goal from a greater distance, but that the theory of safe punting as developed by the Englishmen is still beyond our ordinary kickers, and it is along this line that we ought to develop more. There are many times when a punter on an American college team would be far more effective if he were sufficiently accurate to place the ball, as are some exceptional Englishmen, either high or low and land it just across the side line, so as to prevent a run back. We are developing spirals and fancy kicking, but we need more of the strategic kicking. Mitchell of Yale came nearer this.

Other points of individual work are, of course, the snapping of the ball back in the scrimmage by the centre tackling in the open by single players, interference by a single man, protect-



Photo by Pearce

PRACTICE FOR BACKS IN STARTING

ing the kicker and catching the punt and the general work of the individual positions. None of these has offered any special advancement in the last season or two, but in team play the progress has been very marked. The most important developments have been along the line of assault, as already stated. Some seasons ago the mass on tackle or wedge on tackle was the highest perfected system of team attack. Tandem plays were used with this, and "guards-back" was familiar to all players. But, of late, variety has come in more strongly. Formations are no longer exceedingly simple for the opponents to understand, and while there is a similar combination of weight and power used to reach a weak spot in the opponents' line, the methods are far more studiously planned and more perfectly carried out. Teams in the West have developed this drill to a very high stage of perfection.

The principal plays with which the modern captain and coach should be familiar are those involving close connection between line and backs and by that means tandem formations and their principal push plays through the line, line bucking, end runs, both close and wide with formations for same, protection of kickers, methods of tackling, blocking and especially boxing an end or tackle. Finally, in individual play—and this should be a matter of special individual coaching—kicking of all kinds, especially punting.

With these points in mind we have had illustrations made showing the performance of these various plays by the best teams in the country and these are shown on pages 6 to 80, with a few words of explanation accompanying each.

During the last few years the rules determining the actual play of foot ball have been allowed, as stated, to crystallize somewhat, and thus strategic play has been rendered far more possible, coaches and teams being in a position to know more nearly what they could plan for and thus work up plays one season which they further developed in succeeding seasons. Under these methods has come the introduction of what are technically known as "formation plays." That is, plays in which one man is dropped back of the line and, together with the three



Photo by Pearce

TEACHING LINE MEN TO START QUICK AND LOW

backs and quarter-back, completes a group which acts as an attacking machine and can be directed at the will of the quarter against any part of the opposing line. This places at the command of the quarter-back an engine of assault with which he may attack any portion of the opposing line from tackle to tackle or out of which, when in motion, he may swing a single player around the ends and thus deceive the opponents by sending the interference at one point while the man with the ball, or the real attack, goes to another. The development of this line of play has been phenomenal. This in a certain way, too, may be similar to earlier mass plays, guards-back for instance, where two heavy men were taken back from the line and the mass was sent against the opponents, but by far the most effective form of these modern plays has been that in which the concentration of weight at a certain point was only a very small proportion of the real value of the work. Generically, these plays have been christened "tackle-back formation," because the teams using them most continually and first were those at New Haven, where the tackle was taken back as the extra man in the formation. The Yale team of 1900 first brought these out and used them with telling effect, not only mowing down the lines of the opponents, but getting the runner outside of the tackle and for marked gains time and again in their big contests of that year. Harvard played a similar kind of game the following year with equally good results, although their plays leaned rather more to the tandem style of play.

In 1902 the Yale team still further developed these plays, adding two others by means of which they succeeded in their two important contests, namely, with Harvard and Princeton, in making no less than three touchdowns out of a total of six, by runs of more than half the length of the field, the actual place of the runners' emergence being cleverly disguised by the tackle-back formation. These plays were run off more rapidly than ever before, owing to the greater facility of the men in their execution and the speed of Rockwell, the Yale quarter. In the Middle West, Michigan with Weeks, a quarter-back equally fast and clever in his manipulation of plays, also produced some phe-

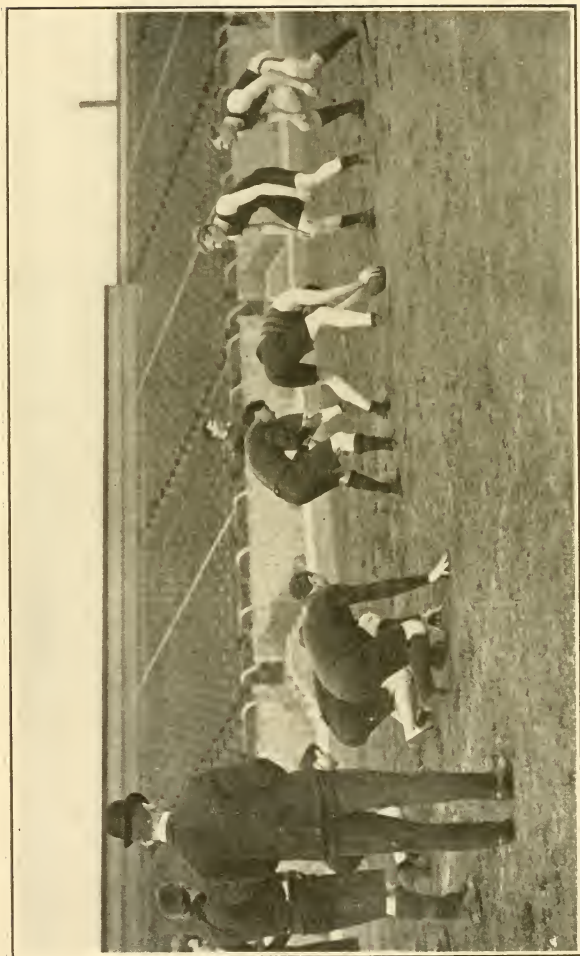


PHOTO by Pearce
QUARTER SHOULD RECEIVE THE BALL FROM CENTRE WITHOUT BEING OBLIGED TO GET DOWN
TOO LOW FOR IT

nomenal results. Possibilities of the blending of open and closed running, the development of strategic work even without an extra man behind the line, promise to go on still further, and it is now the duty of the coach and captain to thoroughly master not only the work of individual position, but also the science of team strategy and formation play. Changes must be made in the relative positions of these men under the new rules, but having once developed the principle it is hard to believe that it will not be made of use, even though the men may be obliged to start from different positions. In the old days of three men back of the line there was room for strategic handling of a limited number of plays, but with this more recent development the possibilities have been tremendously increased and the rewards, therefore, of the coach or captain, who makes a study of them, are correspondingly great. The rules of 1904 force the captain or coach to play the extra man outside the end of the line, and this will involve certain difficulties, so that it will be advisable to have at least two of the men in the backfield heavy.

Immediately after the season of 1900, when the Yale team introduced the tackle-back, there was a dissemination of this theory throughout the teams of the country, greater probably than that of any other play that has ever been perfected. For this reason the season of 1901 showed almost every team of prominence using the tackle-back and this development lost none of its attractiveness during the season of 1902, but with so many teams adopting the general principle, there was still plenty of dissimilarity in the way they made use of their men and the results attained. Some of them merely took the tackle-back and made him an extra interferer without sufficiently combining him with the group of men behind the line. Others, while successfully combining his work with that of the half-backs and backs, made use of this machine attack in quite a different way from that shown in its original conception. Wherever and however it was used, as a rule, it proved effective during the season of 1901. There were certain teams, however, who failed to develop under it, more because they stuck to old methods than because the play could not be adapted to their men. Such teams, as a rule,



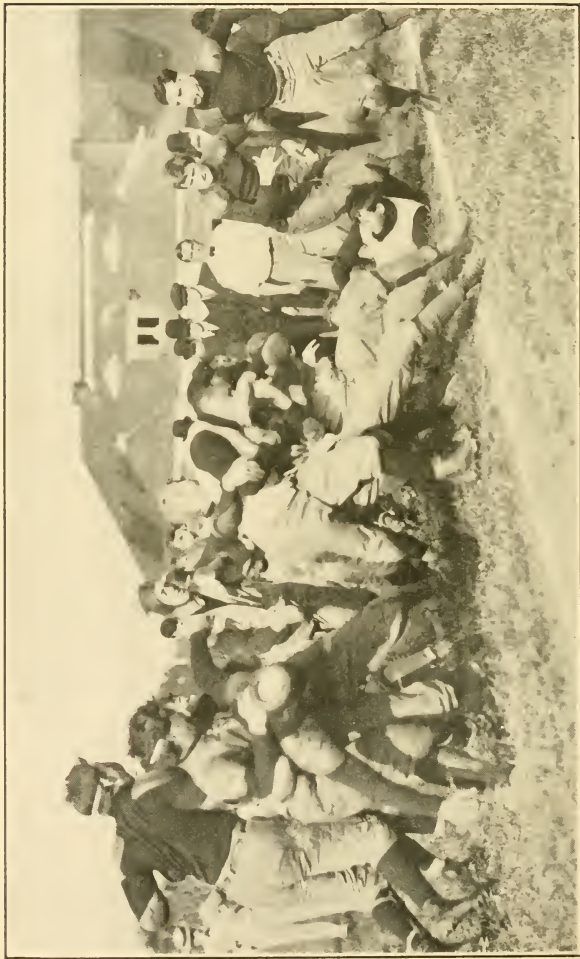
Photo by Hemment

GOOD POSITION ON STARTING

were the ones who used this extra man purely and simply as another interferer and did not get a satisfactory grouping.

Our readers probably need not to be convinced of the effectiveness of this weapon of attack and we, therefore, present it to them, giving in our illustration, No. 2, on page 8, a picture of the simplest method of tackle-back formation, as it shows how the plays can be worked up. The exact placing of the men in this formation must always depend upon their relative speed, for the play must move with a fair measure of rapidity and must under no circumstances be slowed up after once in motion until it meets the resistance of the opposing line. It will be noticed that the largest man in our illustration stands nearest the quarter, and this is the method of the majority of the teams. In this case he is presumably the tackle. Behind him is one of the backs and by his side, at greater or lesser distances, according to the plan of the play, are the other two backs. Under the new rules one of these men must be outside the end man on his own line. The ball may be given to any one of the four and the attack may be made at any point in the line. It is only necessary for a coach to study this illustration to see its possibilities and he can then work out for himself an almost infinite variety of plays with this as a basis or starting point.

Illustration No. 3, on page 14, shows very accurately Harvard's tandem formation behind the line which was for one period during the game very effective against Yale in 1902 and which was a very ferocious attack and difficult to bring to a halt. With it Harvard went from the middle of the field by steady consecutive short gains until within the ten-yard line of their opponents, where they were finally held. Graydon at full-back was a man who weighed over 180 pounds and a strong runner. In fact, Harvard's back-field was especially powerful and in this formation, with Shea, a heavy tackle, behind the back, the impact with the opposing line was almost irresistible. As a coach, examining this formation in the illustration, will see, the play can be sent at any point in the line from tackle to tackle and even outside, and Harvard used a double pass where the mass of the interference went forward and the ball was handed to a half-back



LINE PLUNGING. SHOWING ADVANTAGE OF WEIGHT AND STRENGTH IN GROUND GAINING

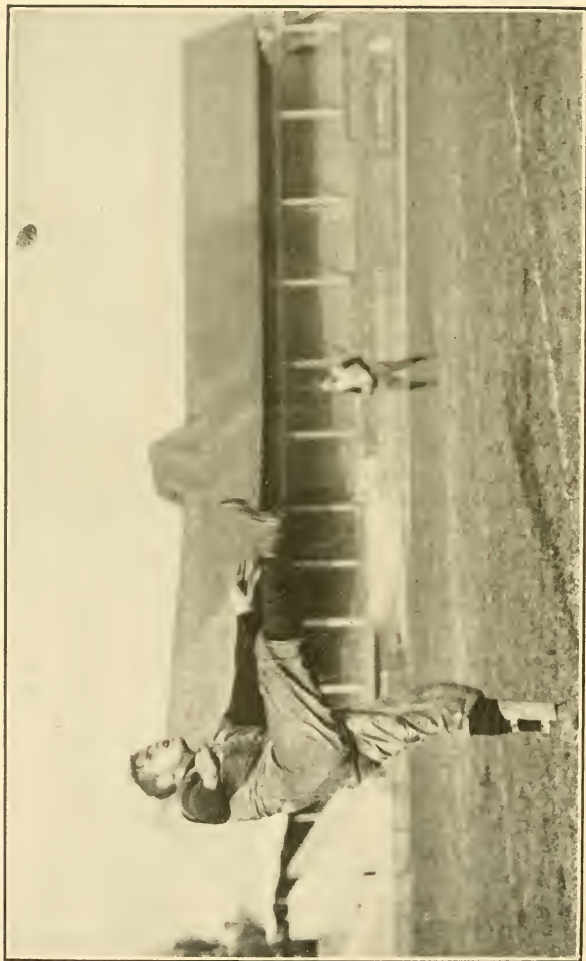
Photo by Herment

who, hugging the interference rather closely, went around outside of tackle.

Illustration No. 4, on page 16, shows the method of opening the line for a quick push though near the centre. This was a play that, combined with hurdling, was one of Princeton's most effective plays in the season of 1902. In the Cornell game it opened the Cornell line on several occasions.

Illustration No. 5, on page 18, made in one of the most important of the great matches, shows several points that can be studied to good advantage by both coach and player. In the first place, it shows a most excellent pass-back for the kick. The ball is in midair and going on a line which, from its position, as well as the position of the players, shows that it is going rapidly and not too much up in the air. The opponents will have very little chance to interfere with this punter, for he will get the ball long before they have succeeded in getting through the line. Another point shown is the protecting of the kicker on his right side, that is, on the side of the foot with which he makes the punt. The two backs, together with the quarter, are shown in good position here to attack any man who gets through on that side. Meanwhile the line seems to be successfully holding the men. Out at the ends will be noticed two little groups of three each. This shows two men each flanking an end. There is a good deal of difference of opinion as to the advisability of this method of play, but if it is to be done this shows how it is effected. The men, it will be noticed, are so arranged as to prevent the end from getting down the field under a kick. If he can get by these men—and get by them quickly—he may yet get down, but it looks as if it would be a pretty hard proposition. Another way to flank the end is to have a man take him further down the field, and here one man is more serviceable than if he were up directly opposite the end.

Illustration No. 6, on page 20, shows two men flanking an end and holding him well boxed. The man in the foreground, with his back directly toward us, is in a fair way to make use of his arm in an unfair manner, but it may be he will not touch his opponent with it.



DE WITT (PRINCETON) GETTING ALL HIS POWER INTO A KICK.

The illustration on page 22 (No. 7) shows Captain Weekes of Columbia, one of her best and fastest end runners, making a try around the opponents' left end in what might be called an unprotected end run. His line has taken care of their men out to and including the tackle who has been boxed. One of Captain Weekes' backs is running for the end and behind him, though out of focus of the picture, comes the runner.

On page 24 (No. 8) is an illustration of a good, clean tackle, and that, too, of a hard, strong runner. The play has come out toward the end and was manifestly a wide end run.

The next illustration, No. 9, on page 25, shows still another method of making an end run where the three men get off practically together and the play is in the nature of the old-fashioned long end run. In this illustration the backs have started very quickly and if the play can ever be really effective against the most modern defense it should be in this instance. The writer has very grave doubts as to the advisability of trying too many of these simple end runs in big games late in the season, for, as a rule, they meet with disaster, whereas, some similar play started from a formation has more chance of success.

Illustration No. 10, on page 28, shows a man coming through on a formation play with the back pushing him properly and the runner himself holding his feet well. It is evident from the position of the players that even though the man who has tackled the runner may be a powerful man the force of the push from behind will probably carry the runner through and give him a good gain.

The next illustration, No. 11, on page 30, shows the field of play and DeWitt kicking in one of the big games. It will be noticed that the opponents have come through hard, but have not quite been able to reach him and he is getting off a good kick which his ends, particularly the right end, are in a fair way to cover.

Illustration No. 12, on page 32, gives one some idea of the power that is put in a punt when a man is kicking his best. This illustration is of DeWitt, one of the best kickers on any gridiron, and a man who scored all the points made in the Princeton games



SHOWING THE GREAT DIFFICULTY OF MAKING AN END RUN WITH ONLY THREE MEN BACK.
TOO LITTLE INTERFERENCE FOR RUNNER TO GET PAST TACKLE

against Cornell and Yale in the year 1902, namely, three drop goals, two of them from beyond the 45-yard line. He also individually made all the points made by Princeton against Yale in 1903.

Illustration No. 13, on page 34, shows a wide end run from a formation play after the play has been well started and the runner is going to his extreme left. It is a question whether the opponents will be able to interfere sufficiently to get him, as he is pretty well back and has a long way to go.

Illustration No. 14, on page 36, shows line bucking, and the attitude of the man striking the line is a good one for this play. It will be noticed that while he is well bent over, and his muscles thoroughly set, he is still well balanced on his feet and getting a good shove which has made him strike the line with force and at the same time has enabled him to keep on his feet as he is pushed. This is one of the important factors of modern play and should be well studied by every man back of the line, as well as any line men who are taken back for runs.

PLAY OF THE BACKS

BY W. T. REID, JR.,

Fullback Harvard Foot Ball Team of 1899.



Properly speaking, the term "backs" refers to the quarter-back, the two half-backs and the full-back. This article, however, will deal only with the three latter positions, leaving the very technical work of the quarter-back to some other writer.

The three backs, as we shall term them, are closely associated in everything that they do. On the offence they alternate in carrying the ball and in pushing each other along, while on the defence at least two of them, and sometimes all three, are called upon to reinforce the rush line. And they are usually of about the same size and weight.

With all these points of similarity there is much that belongs to each separate position that goes to make it unwise for a back to attempt to play in more than one position. For instance, if the right half attempts to play at left half he must accustom himself to the use of the right side of his body in interference instead of his left, to starting toward the right side of the line for many of his main plays instead of to the left, to receiving the ball from the quarter-back from another angle, and in general to an almost exactly opposite way of doing things from that to which he has been accustomed. From these observations it must be clear that while the duties of the various positions are just different enough to make it unwise to change players about, they are nevertheless so nearly alike fundamentally as to make it possible to deal with them as a whole, thereby saving much repetition and unnecessary explanation.

QUALIFICATIONS.

The mental qualifications of a good back are first of all that he shall enter into his work with the proper spirit. Unless he has this spirit—that is, unless he is willing to subordinate his personal wishes to the general welfare of the team, and what is more, to do so heartily and enthusiastically—he cannot hope ever to be a great player, even though he have marked individual ability along every line of play. Team play is the essence of successful foot ball, and he who is looking first of all to his own interests will never make a “team” player; he will not contribute his share to the *esprit de corps* of the backs, and he will never “fight” for all he is worth from the beginning of a game until the end.

Besides having the proper spirit he should be heartily co-operative; he should be full of aggressiveness both on the offence and defence; full of sand and grit, and imbued with a reasonable amount of judgment. Physically a back should be compactly built, strong and quick, never slow nor clumsy, and should weigh anywhere from 170 to 190 pounds. Formerly it was not necessary to have such heavy backs, owing to the fact that one or more linemen could always be used to do the heavy line-breaking work. Now, however, when the ball must be carried over the greater portion of the field by a limited number of men—the necessity for heavy, powerful backs to do this, must be evident. In earlier days, before the defensive side of the game came to be so well understood, and before special styles of defence were devised to meet special forms of offence—it was generally planned to have at least one of the backs a good end runner. This provision is not so important now as it once was, owing to the fact that end running is no longer practiced with old time success. The defence has mastered the end running game, unless indeed it consist of skillfully devised deception. In its place has come the demand for heavy line buckers and plungers. Hence, it is well for teams of to-day to choose for backs, those men who can as nearly as possible perform the task of the linemen of the past two or three years. If, in meeting these requirements, an end runner turns up—well and good. The aver-

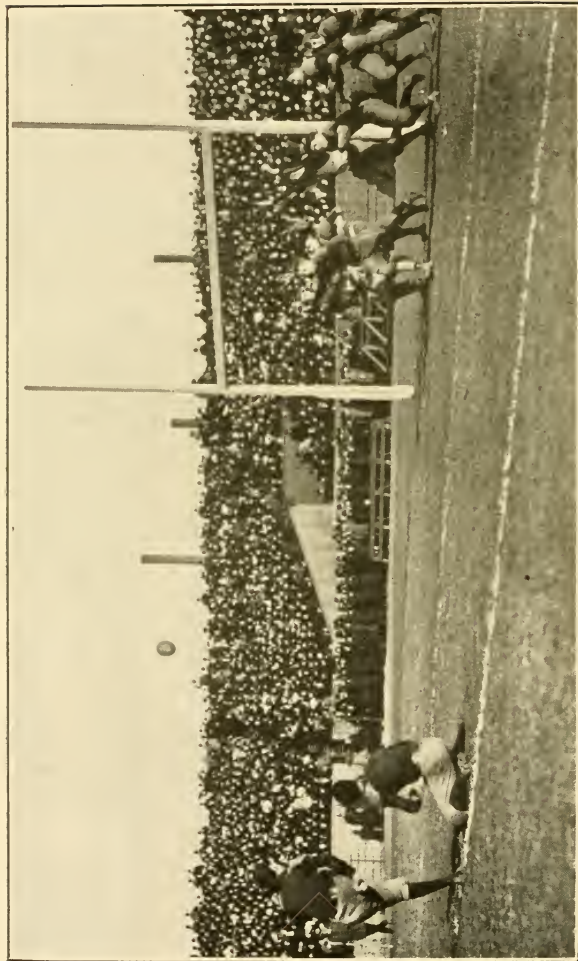


Photo by Burton

POOR KICK FOR GOAL. TOO MUCH FORCE SPOILS DIRECTION

age end-running of the present day is quite as likely to lose ground as it is to gain it, and this is particularly true when the opposing tackles play well out from their guards. Of course end runs will always be used strategically, to prevent the opponents from concentrating their defence on the bucking, but very seldom with the idea of making consistent ground. Finally, the back should have the knack of not getting hurt. Some men have this to a marked degree, and almost never get hurt, while others are equally unfortunate and are constantly being injured. As team play is dependent upon "drill," and that in its turn is dependent upon the individual, it is easy to see why an "immune" back is most desirable.

EQUIPMENT.

As a general rule less attention is paid to the question of equipment than to almost any other subject connected with foot ball. This is particularly true of the novice, who is likely to enter his first game only half supplied with proper clothing, and who is more than likely to come out of it in an unnecessarily battered condition.

A player cannot provide for himself too well. Not that I favor bundling up all over with heavy pads, protectors, etc., but that I do believe in affording ample protection to those spots where experience has shown the greatest number of injuries to occur.

The player should see to it that his shoes are well suited to his own peculiar needs. They should not be too thick, too thin, too heavy nor too light. They should cover his ankle bones and be provided with a good soft tongue to protect his instep from the shoe-lacing. The cleats should be long or short, many or few, broad or narrow, according to the work the back expects to do. In case he plans to do kicking a box toe may be necessary.

Besides his shoes the player should wear some style of ankle supports. These should fit well, should be well sewed to prevent ripping, should not be of too heavy material, such as will tend to stiffen the ankle too much, and should not be laced too tightly. Such supports will save the ankle many a severe wrench.

Suits should be made of light-weight material. Trousers are frequently worn without a jacket. In such a case every care



PHOTO BY LACCHINGH
HOLDING IN THE LINE. A CLOSE CALL ON A RUN AROUND THE END

should be taken that the weight shall hang from the hips and that the belt shall not hinder breathing. The latter point is a very important one. In case a combination suit is worn care should be taken that the weight of the suit is borne by the hips rather than by the shoulders. The trousers should be well padded at the knees, and in such a way that the pads come over the knees instead of above or under them. The front of the thigh should be protected from "charley-horse" by shin guards inserted in the trousers, and the hip joints should be well protected by ample pads.

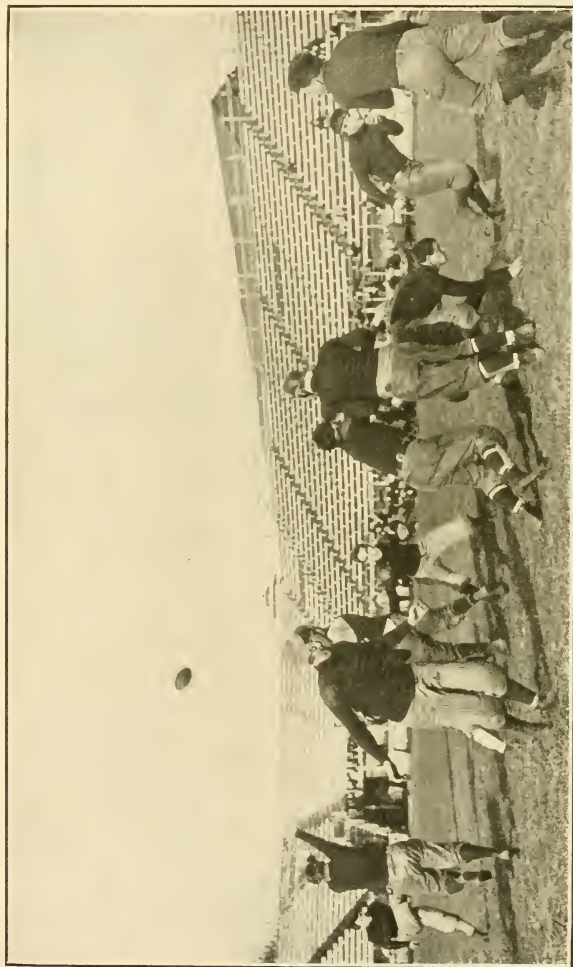
The jersey should be provided with pads at the elbows and on the shoulders. In each case they should be large enough so that a slight shifting of the jersey may not expose the tender spots. The under side of the jersey under the arm-pits should be lined with linen or chamois skin in order to keep the dye from getting into any chafing that may happen there.

A plain head gear is a good thing as a protection to the scalp, and a nose guard a good thing after an injury to the nose or teeth, otherwise it only shuts off the air and renders a player timid in case it gets torn off during scrummage.

FUNDAMENTALS.

Too much emphasis cannot be placed upon the necessity for thorough drill in fundamentals. These fundamentals consist in falling on the ball, passing it, kicking and catching it, and carrying it. To these may be added starting, tackling and interfering.

"Falling on the ball," or more properly speaking, falling around the ball, should be practiced while the ball is at rest, and then while it is in motion, to the right, left, front and rear. In any case the player should be very careful not to dive at it in such a way as to drive the top of his shoulder into the ground, when a bad bruise or injury is likely to result, nor should he ever attempt to fall flat upon the ball, this to prevent his having his wind knocked out or his chest injured. Instead, he should fall either so that his weight shall be on his elbows or knees, or else so that his body at his waist is doubled up around the ball, which he should hug close with his hands and arms.



POOR BLOCKING ON KICKER'S WEAK SIDE, KICK NEARLY BLOCKED

Photo by H. H. H. H.

In diving for the ball the back should dive as near to the ground as possible, thus preventing an opponent from getting in under him. He should always see to it that his body is between the ball and the direction in which it is moving, or between the ball and an opponent. These points make for added safety and protection.

Backs should have enough practice in passing balls to feel thoroughly at home with them. They cannot be sure of this unless they handle new balls, wet balls, old balls and dry balls, and unless they handle them incessantly.

If possible, all three backs should be able to kick—at any rate to punt. Unless this is the case a team is likely to find itself without a kicker, perhaps in the midst of some important game. And the ordinary need for a kicker has been increased greatly by the changes in the rules, which make it necessary to advance the ball over the central portion of the field, with only four men behind the line—which is, of course, a much slower and less powerful way than that practiced year before last. Here it is that a superior kicker can be of inestimable service to his team—since in no way can big gains be so quickly or easily made as through the kicking game. Therefore it is of the greatest importance that as many of the backs as possible should be good kickers, or at least punters.

Indeed a good kicking game if successful is certain to bring with it quicker and more frequent scoring than almost any other style of play. This is due, of course, to the enormous distances which good kicks cover, together with the consequent saving of time and energy. Even more attention should be devoted to catching, for almost nothing in foot ball may result so disastrously as a bad fumble in the back field. Unless a back is sure at catching, or shows signs of becoming sure, with practice and experience, he should never be allowed to attempt catching. Bungling work in the back field is the most demoralizing thing than can happen to any team.

Carrying the ball is the main function of the backs, hence the need of knowing how to carry it safely. This depends upon the way in which the ball is held. For end runs one end of the ball



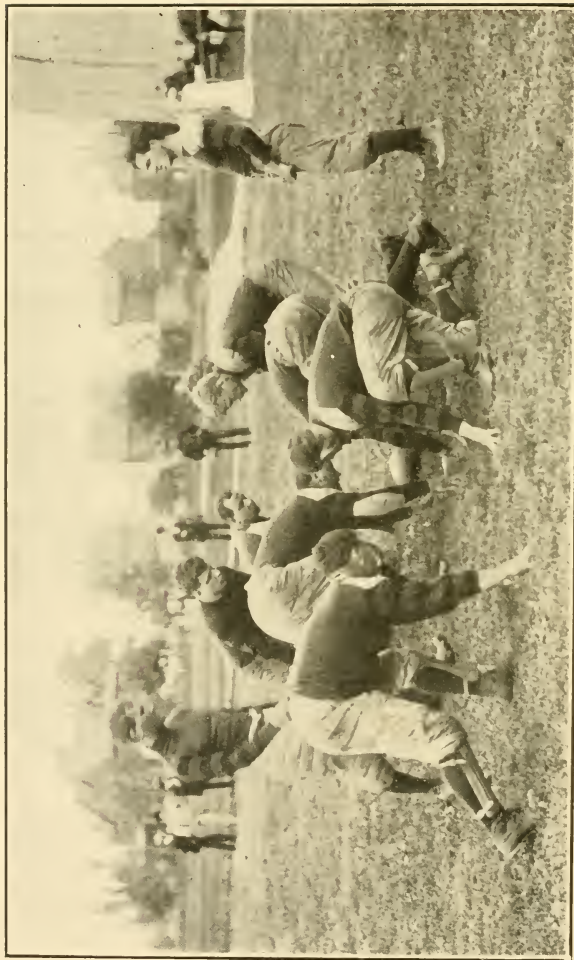
Photo by Lazarnick

HOW TO USE THE HIPS IN BLOCKING

should be tucked under the arm—not too far under, so that it can be knocked out—while the other end should be firmly grasped and covered with the hand. In bucking, the ball should be held in the pocket formed by the stomach and legs, as the runner crouches, with both hands, though in case a back feels that he has the ball secure there is no reason why he should not use one hand to ward off opponents. In the case of end runs the back should be prepared to ward off runners with either hand, changing the ball when necessary from one side to the other. And whether bucking or running, a back should never allow himself to loosen this hold on the ball, owing to the necessity of giving much attention to passing some particular opponent. The grip on the ball should be automatic and vise-like. Where a back is uncertain of his hold he may get good practice by bouncing a ball against a wall and then clapping it at once into position on the return.

It is of course necessary that the backs should tackle and interfere well. This means that they should both tackle and interfere low—the only difference between the two being that in case of a tackle the runner takes hold of his man, while in the interference he does all that the tackler does except take hold. A high tackler or interferer has no place behind the line, particularly in these days of heavy mass formations.

Finally, no back can be effective who does not start quickly. An offence which is so slow in reaching its object as to allow a concentration of opponents at that spot before the play hits is of course worthless. The attack must be quick and hard. For this reason the backs should constantly practice getting off quickly and getting up their maximum speed instantly. There are several ways of starting. Some backs stand in a crouching position, with one foot a little in the rear of the other, and with the knees turned well in. This enables them to start to the right or left or to the front without a moment's loss of time and with great initial power. Other backs assume a sprinting start. Both ways are good, in fact any way is good that will enable a back to get off quickly and in any direction. The things to be avoided are a momentary straightening of the back at the instant



LINE CHARGING—HEADS TOO LOW

Photo by Lazarnick

of the start, and a short backward step. In case the latter step seems necessary the back should take his position with one foot back to begin with, thus making it unnecessary to take an additional one. There should be no backward motion of either foot.

In general, backs should exercise extreme care to prevent unevenness in starting. Starting too soon or too late is only productive of fumbles and offside play, to say nothing of the upsetting influence which it produces throughout the team.

Along with his fundamentals, every back should spend considerable time in learning the rules of the game. This part of the work is often entirely neglected, and much to the detriment of the individual, for how can a man play a game well or intelligently when he does not even know the rules governing the game? It is an altogether too common sight to see teams let opportunities slip through ignorance of the rules; indeed, such ignorance has on more than one occasion actually cost a team its game, and such neglect has even existed in some of the larger university teams.

A foot ball player is frequently called upon most unexpectedly, to decide instantly upon some question of the game, and just as frequently his decision or lack of decision enables him either to do the right or the wrong thing and thus either secure an added advantage or else precipitate an added disadvantage upon his side.

Every back should be absolutely familiar with the distinctions between a "safety," a "touch-back" and a "touch down." He should know what constitutes a "fair catch"—what a violation of it, and so on throughout the rules.

And after the rules have been mastered, a player should be told to make his play always, in case of doubt—and *then* refer to the officials—and under no consideration to stop because he hears a whistle blow or because he hears some one yelling for him to stop. A player can never make a mistake in carrying out this suggestion, and may, on some occasion, save himself a bad blunder through a misunderstanding.

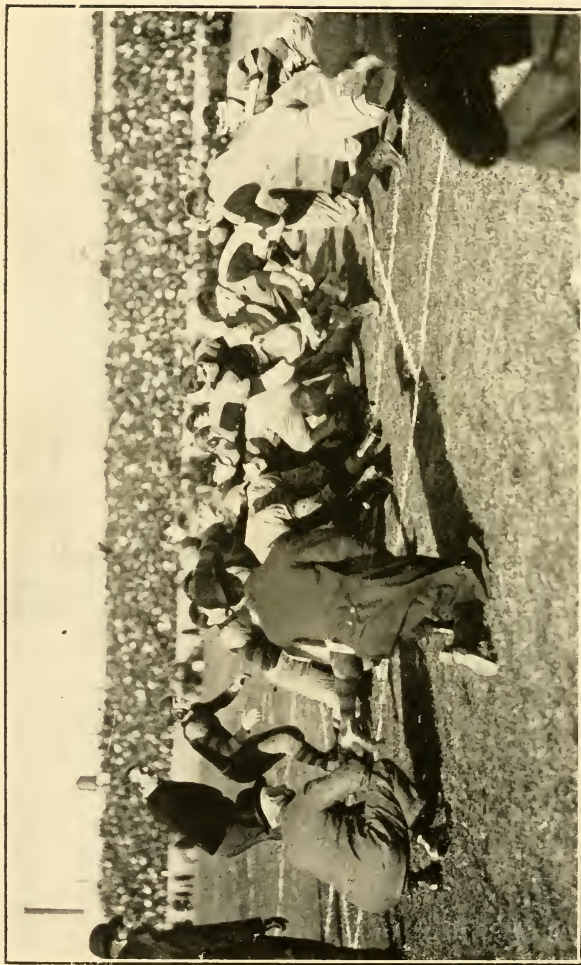


Photo by Burton

HARVARD'S TANDEM PLAY HAMMERING PENN'S LINE.

OFFENCE.

The position of back is one of the most exhaustive ones in all foot ball. At no other position is there so little opportunity for rest or let-up. It is go, go, all the time, first with the ball, then in the interference, then on defence. It is necessary, then, that a back should always be in the very best of condition, never overworked, always full of vigor and life. It is better to underwork a back than to overwork him.

Of the two half-backs on a team it is generally planned that one shall be a good end runner, the other a good plunger or buckler. Such an arrangement gives more all around possibilities to an eleven, particularly where there is an opportunity for broken field running.

On the offence the position of the backs will depend upon the style of game that is adopted. Sometimes they are played a full five yards behind the rush line, on other occasions they are played a scant three, while on still other occasions they form at even greater or less distance. The possibilities of formation are never ending. Whatever the system, however, the backs should always assume exactly the same relative position with relation to the ball and to each other. Precision in this respect is absolutely necessary to well developed team work. Furthermore, this position should be assumed as soon as possible after the ball is "down." When in position, and just previous to starting, the backs should take every precaution to prevent giving the direction of the play away by unconscious glances, movements or "leanings." It is also well for the back to save himself whenever he can from the nervous tension of prolonged waiting. Many backs subject themselves to some such strain by getting onto their toes several moments before the ball is to be put in play, or by not "letting up" at the call of "time." This may be avoided if the back will "key himself up" just at the last moment. But above all a back should be steady. He should never in all his play slow up for his interference, or ever allow any other back to be slowed up by dilatoriness on his own part. He should start instantly and "dig"—never letting up an instant for anything. He should play with indomitable spirit. If he fails to

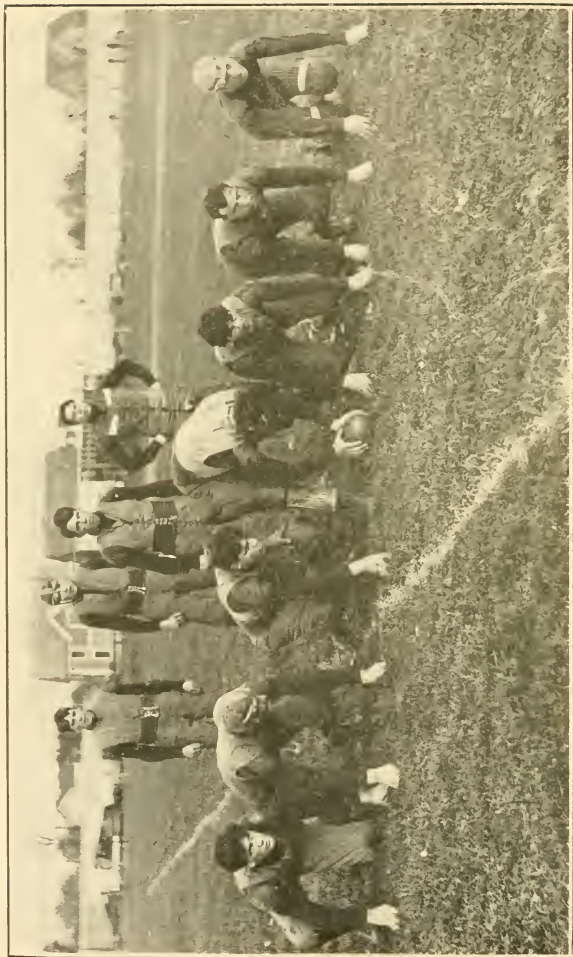


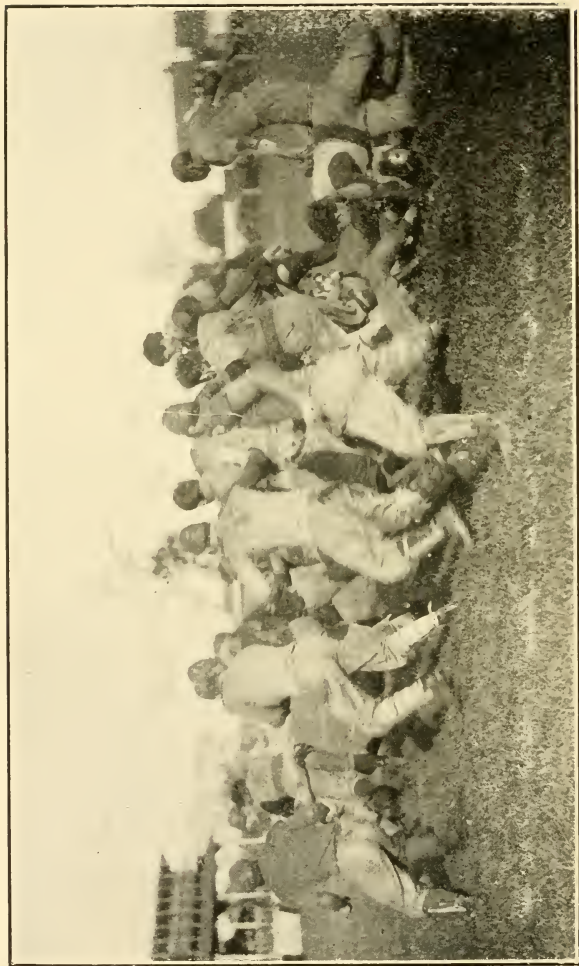
Photo by Benham

YOST'S TEAM (MICHIGAN) READY FOR SIGNAL PRACTICE

gain the first try he should grit his teeth and *make* it gain the second.

In end running a back should be careful not to run too close to his interference when in case the interference is upset he is likely to fall over his protectors. Instead he should run with a little interval between himself and his interference, thus giving himself a chance to see where they are going and to take instant advantage of any upset. Where possible it is well for a back to run low so long as he can see where he is going, for by so doing he is likely to cause his opponents a moment's delay in locating him. When tackled he should aim to fall forward. To this end he should run with his body slanting forward, where it is exceedingly difficult for an opponent to overcome the combined power of gravity and the player's efforts. After falling, a back should never hold the ball out at arm's reach, as there is danger that it may be stolen from him.

In bucking, one of the very important points to be kept in mind is that of keeping the eyes open. A back who closes his eyes as he makes his plunge is likely to fall flat on his face when an opening in the line presents itself suddenly where he had expected to find the passage choked. A back should never allow himself to hesitate or slow up as he strikes the line, he should strike it while at his maximum speed. A back may run high or low, according to circumstances, particularly so long as he keeps his feet—a most valuable quality. It is also wise for the back to take short steps, as in this way he is not so likely to find himself too much spread out where the footing is hardly firm and where it is almost impossible to get his feet under him in case of some sudden shove or push. The legs should accordingly be bent as the back strikes the line, because in this way he is able to exert much lifting power in case of need. The arms and hands should also be used to make progress. Many backs lose much of their effectiveness because they utilize only a portion of their power. The feet should ordinarily be kept on the ground, because only when they are there are they of much service. When, however, there is an imperative need of making a gain of a foot or so the back had best dive at the line—this



GRAVER (UNIVERSITY OF MICHIGAN) MAKES 30 YARDS AROUND END

Photo by Rentschler

being especially applicable to the full-back. Hurdling is sometimes a very good thing, but is not so consistently effective as bucking, where the feet are on the ground. When downed after a buck—or after any play, for that matter—a back should instantly straighten out so that there are no doubled up joints for succeeding players to fall upon. Where a back is attempting to assist a fellow player along he should aim to get him low and boost him along with the shoulders, rarely with the hands. And under no circumstances should he give him a final shove in the neighborhood of the shoulders, for this is certain to cause the runner to topple forward. In case a back is tackled and seems about to fall a fellow player can often be of great service if he will grasp the runner by the arm or elbow, and at the same time that he holds him up pull him forward. It frequently happens in such a case that the runner will shake off the tackler and make an additional gain of several feet or even yards before being finally downed.

In attempting line bucking the back should keep his chin close in to his neck, so as to prevent having his head twisted back over his shoulder, and he should also buck with the muscles of the neck held tense. This will tend to prevent bad wrenches of the neck and possibly injury to it. When in the midst of a line-bucking play which has resolved itself into a pushing contest between the two teams, the back should seek an outlet at the point of least resistance, usually to be found by feeling his way in different directions.

In case a back feels any doubt about the signal for a play he should at once call out: "signal." Otherwise collisions, fumbles and confusion will result. And no matter what a back thinks, he should invariably follow out the signal. The fault is not his if the play does not gain, but it is absolutely his fault if he does not go where he is directed. This rule should be absolute.

Another rule which should be invariably followed is that of never running back. It is a back's function to advance the ball. If he is unable to do so he should at least never lose ground.



Photo by Rentschler
HAMMOND KICKING GOAL. NORCROSS HOLDING BALL—
UNIVERSITY OF MICHIGAN

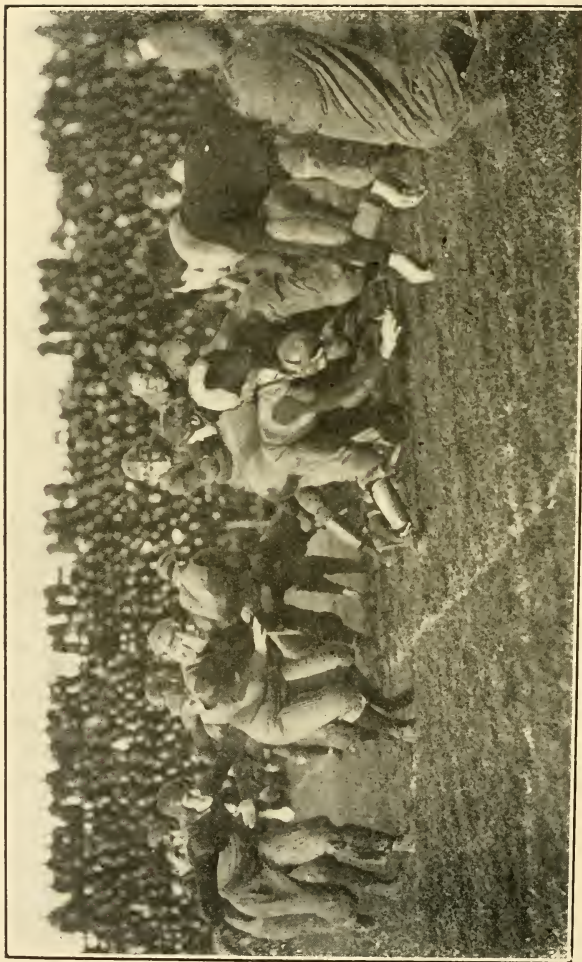
If a back fumbles he should fall on the ball at once, never attempting to pick it up unless it bounces high. Attempting to pick up a fumbled ball is only making a bad matter worse. A back is responsible for the ball if it comes to him, and he should always remember that the possession of it is of the first importance.

It is the half-back's duty to afford proper protection to his kicker. He should afford it. He should also be reliable in getting any particular opponent who may be assigned to him to keep out of a given play out of the play. He should put his entire strength into every play and should always have his "nose on the ball." He should follow it everywhere. Mr. Forbes has hit the nail on the head in this respect when he says: "A man's value to his team varies as the square of his distance from the ball."

In the midst of play, whether on the offence or defence, the backs should see to encourage each other by a word, a touch or a look. Such simple though effective aids to thorough sympathy and harmony between them should never be overlooked. A hearty word of confidence spoken immediately after a bad fumble or other blunder will always cause the unfortunate player to put new life and determination into his work, while a bit of cutting sarcasm will drive him to anger or else dishearten him. When off the field a back should never allow himself to make unfavorable comments on any of his fellow players, unless indeed it be to the coach or captain. Nothing is so likely to spoil relations among players as criticism—offered behind the back. Certain annoyances should be borne for the sake of the team, even though they may be at times very exasperating. When a fellow back or fellow player is injured and confined to his bed nothing will so contribute to hearty relationship as frequent calls and anxious solicitation for recovery.

DEFENCE.

On the defence the backs have not so much detail to look after as on the offence, but it is very important detail, all of it. Each has his particular station behind the line, with its primary

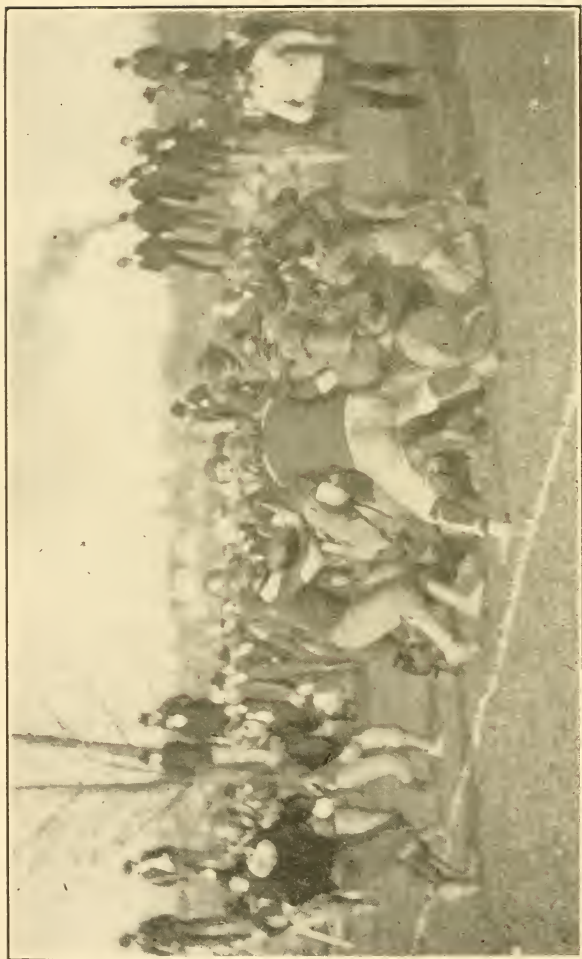


JAMES PASSING BALL TO HESTON IN WISCONSIN-UNIVERSITY OF MICHIGAN GAME
Photo by Kentschler

and secondary responsibilities. Just what these positions are, whether far from the rush line, near to it or in it, must depend upon the style of game that is being played. Suffice it to say, however, that all styles are planned to the same end—to stop opposing plays.

As a rule the backs are so distributed as to most broadly cover the possible openings at which opponents are likely to direct their plays. Consequently as the opponent's offence varies, so should the defence. Sometimes it seems well to attempt to meet opponents behind their own line, at other times to meet them at the line, and on other occasions still to meet them behind your own line. Again, a back is sometimes held responsible for a run around the opposite side of the line from that on which he is stationed, so that the various combinations of responsibilities, due to the tactics of any particular opponent, are never ending.

Ordinarily the backs are looked upon as forming a secondary line of defence. In such a case they must exercise great care not to get drawn into a play too quickly, and yet they should be equally careful not to wait too long before attacking the play. A back who waits too long is as bad as one who goes in too early. A happy medium is what should be aimed at, and it can be obtained only by constant practice and vigilant watchfulness. To exercise this vigilance the back must needs stand high enough to see where the play is going, and at the same time not be so high as to allow of being struck by an opponent while in an extended position. The instant a back sizes up a play he should get as soon as possible to the point of attack, watching carefully for trick plays all the while. A back will seldom be fooled by such plays if he will always keep a close eye on straggling players, and remember that the ball, not the motion of any mass, indicates the point of attack. Once a back has decided to attempt to head off a runner or a play, at a certain point, he should get his eye on the man with the ball and keep it there, never losing sight of him, always keeping his position in the interference in mind and *never* allowing himself to attempt to see where he is going. That part of it will take care



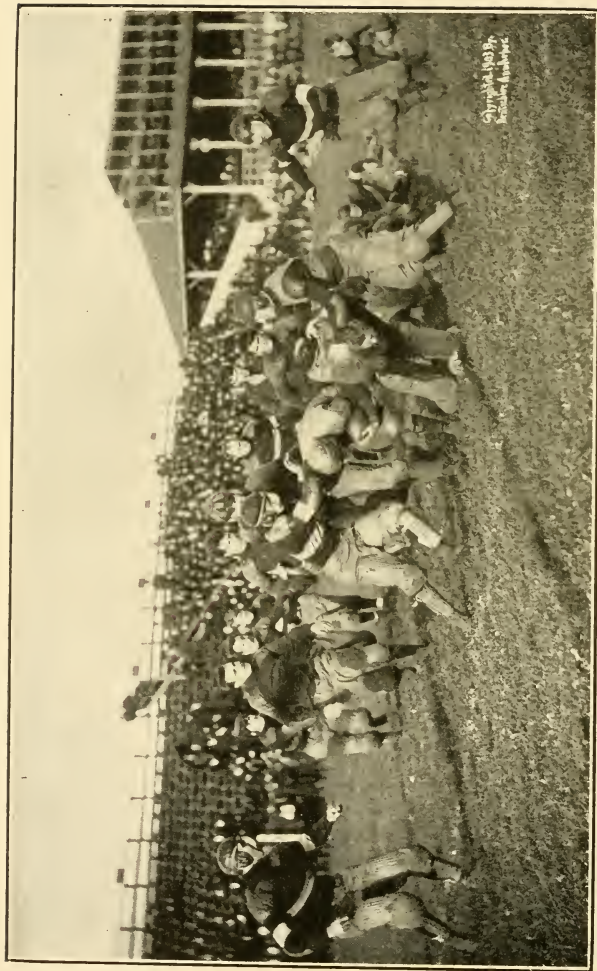
A PHOTO BY ARCHERSON.

MADDOCK (UNIVERSITY OF MICHIGAN) HURDLING LINE

of itself. Such precautions as those just outlined will prevent most any back from being fooled as to the location of the ball—owing to a temporary relaxation of vigilance. And vigilance in these days of concealed methods of passing the ball, is exceedingly necessary. In attempting to stop end runs, and in fact in stopping any play, a back should never allow an opponent to hit him with his body; he should keep his opponent away with his arms. A back has no business to allow himself to get hit. In meeting heavy mass plays the back should either dive at the base of the head of the play, grabbing an arm full of legs, or in case he is too slow in getting there and the play is dragging along he should, if chance offers, seek to swing the head of the play to one side where the direct line of pressure is broken and where a momentary delay will give his own players a chance to down the runner before the opponents have a chance to reorganize. Many times one man can upset a mass play effectually, where had he tried to tackle one of the players he would have been thrown off or dragged along some distance further.

The question as to whether a back shall break through and attempt to tackle behind an opponent's line is a very difficult one to treat. Sometimes, where a back is strong on the defence and the opposing line is weak it is advisable. But where the opposing rush line is a strong one and particularly where it is stronger than your own it is certainly inadvisable. In such a case the backs should hold themselves as reserves rather than as of the rush line. Otherwise, in case an opponent clears your rush line, a long run is likely to follow.

In everything that they do, whether on offence or defence, the three backs should combine in every possible way with the quarter-back. The centre rush, the three backs and the quarter-back should practice constantly together so as to get the purely mechanical work of their positions well ordered, and in a contest the three backs should keep the quarter-back constantly informed of weak places in the opposing defence, that he may profit by them when occasion demands. In a nutshell, all four backs should strive for mental, moral and physical team play both on and off the field.



Copyrighted 1903, by Rentschler

GRAVER THROUGH INDIANA'S LINE. SHOWING FINE INTERFERENCE OF MICHIGAN

Photo by Rentschler

Copyright 1903 by
Rentschler Brothers

BACK-FIELD WORK.

In the back field, the main function of the backs is the handling of kicks, and it is one of the most trying functions of all foot ball. To have to catch a ball while one's opponents are in many cases standing within arm's reach like so many wolves ready to take advantage of the slightest slip up is bad enough, but when these conditions are augmented by the necessity of judging a high kick in a gale of wind they become well nigh unbearable except to the coolest, most skillful and best drilled players. Such, however, is the trying position in which backs often find themselves on thirty or forty separate occasions in a single game. And worst of all they are severely censured where they fail of a clean record. A team can never know how much kicking it is likely to meet in any game until the game is on, and it can never know when the winning or losing of a game may turn upon the safe handling of a single kick. The possibilities of catastrophes are greater in the back field than in any other branch of foot ball play, and so it is imperative that only the most reliable men should represent an eleven there. The backs, then, cannot be given too much practice in catching kicks under every possible condition. They should practice with ends running down on them, with the wind against the kicker as well as with him, with a wet and dry ball. Furthermore, they should be given an opportunity to handle rolling, bouncing and twisting balls.

Under ordinary circumstances only one back is kept in the back field. It is his duty to handle all unexpected kicks and to tackle any runner that may get by the other ten players. He must be a sure catcher and tackler, and something of a kicker. This back may find himself on some occasion in the very trying position of being the only man between his goal and a fast opponent. When this is the case the back must, as a general rule, depend upon his own initiative for his line of action. No one else can lay it out for him. There are, however, one or two points which any back will do well to keep in mind. It is always a good plan to try to force the runner to take that direction that will bring him nearest to the side line, where it may be possible

either to corner him or to force him out of bounds. There is little sense in undertaking to tackle a runner who has the whole field to manœuvre in, when you can reduce the field by two-thirds. Another point to be kept in mind is that of never running at full speed at a runner whom it is your intention to tackle, especially when he has an opportunity to side-step or dodge you. This side-stepping is the easiest thing imaginable where the tackler bears down on his victim at full speed. It is frequently illustrated when ends over run a full-back, who by a simple side-step eludes them and makes a good run. Instead, the back should run fast toward his opponent until he gets within fifteen or twenty yards of him, when he should slow up and get ready to respond to dodging, which can only be done when the back has full control of his body. And he should exercise great care not to be fooled by some false motion on the part of the runner. This false motion is usually given with the upper part of the body, and can only be detected by keeping a close watch on the hips, which will always give away the real tendency of the body.

In case it may at some time seem advisable to utilize the defensive ability of the goal tender, as we may call him, on the rush line, and consequently to put another man back there in his place, a sure catcher should be chosen even if he is unable to do much at open field tackling. The reasoning here is that where a back is given one opportunity to prevent a touchdown by a decisive tackle in the open field—which is frequently missed by even the best players, owing to the tremendous speed of the runner—he is given twenty chances to catch the ball where any one catch, if missed, might mean a touchdown. Under these circumstances it is of course better to provide for the common play rather than for the emergency. The goal tend should keep a sharp lookout for trick plays and where possible keep his fellow players posted by calling out advice which his distance from the scrimmage may enable him to give.

The moment the opponents give evidence of an intention to kick, one or two of the other backs should at once drop back to reinforce the goal tend. Care must of course be taken that

the evidence is genuine before they go clear back, but once they feel sure of this point they should run back at full speed, looking over their shoulders about every ten yards to prevent the kick from surprising them, or else to be ready for a return to the line in case of a fake. Backs frequently loaf back to their position. This is all wrong; they should be either on the line or way back of it, with as little time as possible wasted in getting into either position. The distance of these backs from the rush line and their relative positions in the back field will depend upon circumstances. If the kicker is a good one and has the wind at his back they should of course play further back than if he is a poor kicker and has a stiff wind against him. The thing to be avoided is the danger of playing too far back. This is a very common fault among novices, who dread having the ball kicked over their heads and who, in order to prevent such a catastrophe, play so far back that it is impossible for them to catch more than three out of five of the shorter kicks, owing to the impossibility of getting under the ball. It is better policy to take one chance in fifty or having a kick go over one's head for the sake of catching the great majority of them than it is to prevent a kick over one's head at the expense of having to handle them on the bounce, where the opportunities for gaining ground after the catch are *nil*. No ball should be allowed to bounce. They should all be caught on the fly, and if balls are bouncing it shows that the backs are not covering the ground in a thorough manner.

Once they are the proper distance behind the line the backs should spread out in such a way as best to cover the territory in which the ball is likely to fall. To this end they should not stand too near each other or too near the side line. If they stand too near together they will overlap much ground, and if they stand too near the side line they will enable themselves to catch many balls which go in touch and which there is no need of providing for, while at the same time they will be unable to cover much important ground within the field. The backs should play far enough apart so that they can concentrate at any given spot in time to be of assistance to each other either in

catching or in the interference. In case a strong wind is blowing at the kicker's back one of the backs should play a little in rear of the others in order to provide for a possible misjudging or for fumbles. Under ordinary conditions one of the backs should play well in front of the others in order to be ready for short kicks or other tricks. In case one of the backs essays a fair catch the others should be on the watch for a fumble. The best way to get practice on these various points is to put two sets of backs, with centre, at work kicking and catching. Then a competition may be encouraged with the result that all the players become interested, and in the endeavor to win the competition give each other the best practice possible.

Whenever possible it is well to have ends run down under the kicks, thereby giving the backs every opportunity to catch kicks "under fire." Continuous back field practice is very exhausting, so that it is well whenever much practice of this kind is undertaken to have alternate squads of players, thereby saving all of them from overwork. Should the backs become tired of the practice and allow it to become lackadaisical, it should at once be discontinued, as carelessness in back-field practice is worse than none at all.

In preparing to catch kicks the backs should make every endeavor to get under the ball in time enough to enable them to receive it while they are standing still. To do this they must be able to "size up" a ball as soon as it rises in the air. Catching while on the run should be avoided whenever possible, as it is uncertain and hazardous. In case a back finds it impossible to get under a ball that he is after in time to catch it he should drop back a few steps and allow it to bounce. Under *no* circumstances should he attempt to smother it with his body, arms or legs. This is a very common temptation, but one that should be discouraged from the very first. Where the back allows the ball to bounce he should exercise extreme care that it does not touch him in any way, as in that case an opponent is of course entitled to possession of the ball, if he can get it. If a ball bounces higher than a back's head he should ordinarily be careful not to touch it until it is well within his reach. This is im-

portant because if the back, reaching up for the ball, touches it with the tips of his fingers, and happens just at that instant to be tackled, he will not only not get the ball himself but will have put his opponents "on side." Instead, the back should ordinarily wait until the ball is well within his reach before touching it. Of course if the kick happens to be a short, high one, and he fears lest the opposing full-back may put his men "on side," the back is perfectly justified in making a hasty effort to get the ball. The safest way to do this is to jump up to meet the ball, thus saving time and at the same time minimizing the risk.

In running up on a ball the backs should also be careful not to overrun it, remembering that it is much easier to run up on a ball than to run back for it in case it is misjudged. Furthermore, in case a back who is careful to keep the ball in front of him misjudges it and it hits him in the chest, he stands a much better chance of recovering the ball as it falls in front of him than he would have if he overran the ball and it fell behind him.

While in the act of catching a back should concentrate his entire attention on the ball, never attempting to divide it with the opposing ends. The plea that a back often advances for this tendency is that he is afraid of a bad fall just as he is completing the catch, or that he wants to see where the ends are, that he may dodge them more effectually, etc., etc. These excuses should all be denied on the ground that the possession of the ball is *the* thing. And in this connection it is just as well to say that in case a back fumbles in the back field he should fall on the ball at once. This point should be so drilled into the players that it is second nature to them.

The moment a back has caught the ball he should turn his attention to his opponents, seeking how he can dodge them and run the kick back. In case he catches the kick in time to decide from his own observations in which direction to run a back should experience little difficulty in getting off safely. But when the ball and the ends arrive almost simultaneously the situation is more difficult. In such a position the other backs should assist by a word or two. **At first** the giving of such

directions will end in much confusion, but as the backs become more and more accustomed to each other this difficulty will disappear, to be followed by satisfactory results. Where a back is a good dodger he can often fool opponents by making false start in one direction and then following it up with a real start in another. This ability is natural, and no coaching can develop it except where the player has in him the crude qualities.

One thing, however, every back can be taught, and that is that he shall never run back. Running back in back-field work is even more fatal than in ordinary scrimmage play. Another thing to be borne in mind is that under no circumstances can a back use his "straight-arm" more effectually than in the broken field running that forms such a big part of back-field work. Here it is that opponents are usually few and the time comparatively long for shifting the ball from one hand to the other in order to do this warding off.

With this we may be said to have covered, after a general fashion, the topic embraced under the main title, and therefore to have completed this article. One thing yet remains to be said, however, and that is that no back who wishes to get the most out of these suggestions can hope to do so unless he first put into himself the right spirit, and follows it up with staunch obedience to his training rules.

HOW TO PLAY QUARTERBACK

BY JOHN LONGER DESAULLES,
Former Yale Quarterback.



INTRODUCTION.

The quarter-back play in general during the past season of 1903 was probably the poorest that has ever been seen in the modern game of foot ball. This fact is largely due to the many varied styles attempted by the coaches of the leading university teams throughout the country.

The tackle-back play and other formations of this nature that have been in vogue the past few years are responsible for the

many changes tried in this all-important position. It would be impossible to describe the many erroneous styles employed last season—the gravest mistake, however, made by the larger university teams was the position the quarter assumed behind his center; he stood sideways, that is, facing left end instead of standing directly behind his centre as in illustration No. 1.

The two chief arguments given in favor of this “sideways” position are: (1) It gives the full-back a better view of the ball; (2) it hides the ball for an instant from the left side of the opposing line and thus makes plays on the right side of the line doubly strong.

Illustration No. 2 of this article disproves conclusively the first argument, for it can be readily seen that the quarter-back’s position in no wise interferes with the full-back’s view of the ball. As for the second argument, “the proof of the pie is in the eating,” and the teams that adapted this “Sideways” position last season did not gain, in their big games, one-half the ground on



FIG. 1—THE QUARTER BACK WOULD BE ABLE TO PASS MORE QUICKLY IF NOT FORCED TO GET QUITE SO LOW

the right side of the line as they did on their left. Beside all this, the "Sideways" position is not a natural one; therefore, it makes it difficult to handle the ball cleanly as well as to make a quick start next to impossible. Also, from this position a quarter cannot see what is going on on the right side of his line.

Of course, critics in favor of this "Sideways" position can probably give many reasons why their own style of play is the best, but the writer after conferring with some of the best quarter-backs in the country and several other men of wide foot ball knowledge, is firmly convinced that this coming season will see the quarters go back to the old style of play; hence on these lines this article is written.

QUARTER-BACK PLAY.

The quarter-back of to-day in his relationship to a foot ball team must be a good general, must have an abundant supply of foot ball nerve, almost twice as much physical endurance as any other man on the team, and an ability to handle the ball cleanly and swiftly. He must be a good general, because the quarter-back in these days runs the team. He must have good foot ball nerve to be able to handle punts in the face of the opposing team running down the field to tackle him, and to brace up his own team when playing against heavy odds. He must have superior physical endurance on account of the many duties required of him, namely, to protect the back field from a runner who has passed the forward line, to catch punts, to give out the signals clearly (taking advantage of his opponent's errors), and to be in every play as an active interferer. Beyond all this, under the new rules he must be able to run well with the ball; but most quarter-backs make good half-backs when necessary.

DUTIES OF THE QUARTER.

On the offensive, i. e., when his own team has the ball:—

POSITION.

As in Fig. 1. Quarter directly behind centre, hands spread out in most natural way to receive ball, knees bent in an easy

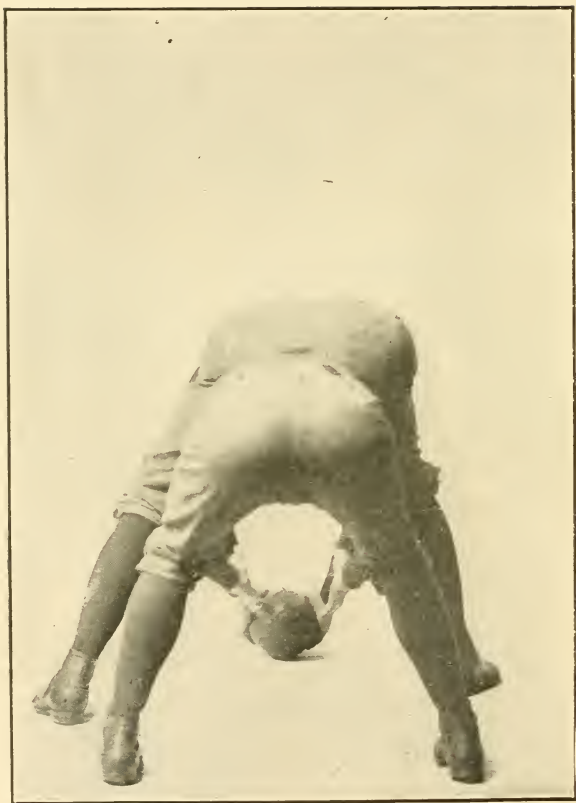


FIG. 2—REAR VIEW OF FIG. 1. FEET WELL SEPARATED
SO THAT THE BACKS CAN SEE THE BALL

position with feet well separated, so that backs can see the ball, as in Fig. 2. Neither foot should be advanced, but both should be in a straight line parallel to the rush line. The quarter should be in his position, and the centre also, before the rest of the team. That is, he must be waiting for his men to find their positions and not force them to wait for him to find his.

RECEIVING THE BALL.

Receiving the ball properly from the centre is a most important factor. The quarter cannot practice this too much with his centre, in order that he need not worry about how high or how low the ball will come from the centre, or how fast or how slow, but may know that he will receive it with a uniform speed and at one height constantly, thereby feeling that he has only to consider how quickly he may get the ball to the runner. The quarter should coach his centre from time to time, letting him know when the ball is not coming exactly right, and showing him just where and at what speed he wants it. In case of a fumble between centre and quarter (and this should be stamped on every quarter's heart), *drop on the ball, don't try to pick it up.*

No strict rules can be laid down governing the receiving of the ball in respect to height or speed, as each quarter may have his own preference, but practice with the centre will settle this point.

PASSING THE BALL.

(a) On end plays.

(b) On line plays.

(a) END PLAYS.—Where a back runs with the ball between guard and tackle, tackle and end, and round the end, the ball should be passed, and in plays of this kind should leave the quarter's hands as soon as possible. In Fig. 3 the backs have started for left end, the quarter has taken but one step, is in a position to let the ball go immediately and at the same time is ready to sprint ahead of his interference. On a play around right end his first step is taken with the left foot. The sooner the quarter gets the ball to the runner, the faster the play moves, as the back cannot get his speed up until he has the ball. The quarter must hurry his backs, at all times keeping the ball in front



FIG. 3—POSITION OF QUARTER AFTER FIRST STEP FOR A PLAY AROUND LEFT END

of them, never making them wait for it, but rather work to get it. This is especially true on what is known as a straight buck or quick opening; that is, when either half takes the ball through the line between guard and tackle on his own side of the centre. In this case the quarter should toss the ball as soon as his hands have closed on it, directly to the half who has started for the opening, without letting his hands come in as far as his body.

(b) LINE PLAYS.—For plays between guard and centre or when linemen are running with the ball, the ball should be placed in the pit of the stomach, and handed, not passed. In Fig. 4, the quarter is ready to place the ball in the full-back's stomach, then to hold him up when he reaches the opening between guard and centre, while the other backs push him through. It is a quarter's duty at all times to support and interfere for his runner.

RUNNING WITH BALL.

This added privilege within the two twenty-five-yard lines gives to the quarter an opportunity to act as a half-back, and in this work his duties are the same as those noted in instructions to half-backs. Much stress was laid the early part of last season to this running of the quarter-back with the ball, but in the big games it was very noticeable that the quarters took very little advantage of this new rule. It is nothing more than a trick play and was only used as such.

DUTIES OF DEFENCE.

The opposing team having the ball in their possession:—

The quarter, when the opposing team has the ball, should stand from twenty to thirty yards back of the line of scrimmage, and SHOULD NEVER UNDER ANY PRETEXT RUN UP TO MAKE A TACKLE. When an opposing runner has passed the line of scrimmage, and has cleared all tacklers except the quarter, the quarter should work over in front of the runner and wait for the runner to come to him, keeping steady on his feet.

Handling punts well will only come with long practice, but it is essential that a man handling a punt in the back field should keep both his eye and mind firmly fixed on the ball, and pay no

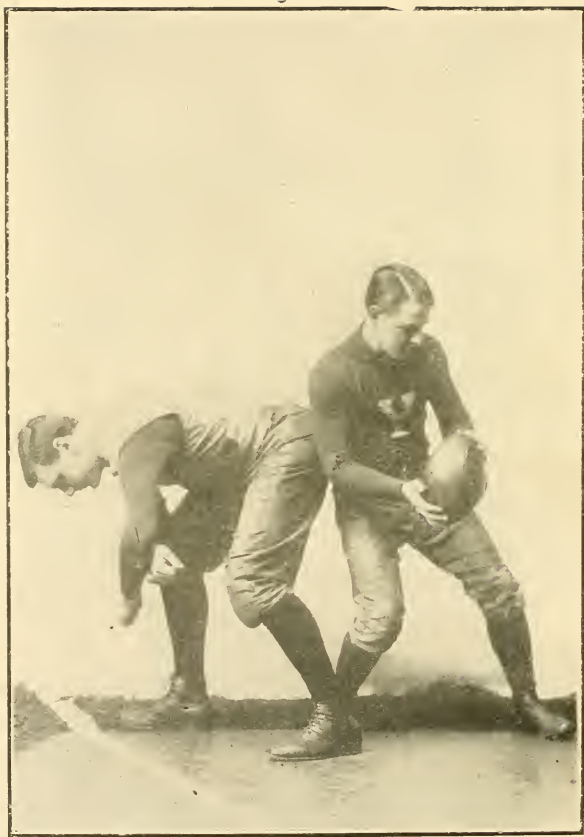


FIG. 4—POSITION OF QUARTER ABOUT TO DELIVER THE
BALL TO THE FULL BACK FOR A PLAY BETWEEN
CENTER AND LEFT GUARD

attention to the tacklers coming down the field, until after the ball is caught. While in the back field, the quarter should be constantly coaching the men in the line, and if he sees a fault *he* is the one to correct it.

GENERALSHIP.

The signal should be given *immediately* after a play is over, and if a quarter adheres closely to this rule, he will find his team working much faster. Should it become necessary to repeat a signal do not repeat from the crouching position (Fig. 1), but as in Fig. 5. In this position the quarter also can see every part of the opposing line, and size up the best place to direct the next play.

In running, the backs do not burden any one man with too much work, except when a gain is imperative, then use your best man, even if you have worked him hard before. Trick plays should be avoided inside your own forty-yard line, unless time is nearly up and you must score or lose the game.

In the game, be deliberate in initiating the play, but when once started go ahead with determination and dash. At all times observe closely the opposing line, and if you discover an opponent playing too wide send a player there.

If you are gaining at a certain place, do not be afraid to work it for all it is worth, until you cannot gain there any more, then it will be time to try another play.

It is not possible to go into the details of the manifold duties of a good quarter, for the demands of the game and the responsibilities of the position require a man resourceful and adaptable in meeting constantly changing conditions as they present themselves. Such suggestions as I have given represent only a *basis* of the quarter-back's chief duties and will serve, I hope, to stimulate those who may be trying for this position and raise the standard of their play.



FIG. 5—IF IT BECOMES NECESSARY TO REPEAT A SIGNAL THE QUARTER
SHOULD ASSUME THIS POSITION

DEFENCE

BY WILLIAM H. LEWIS,
Former Harvard Centre and Coach of Defense.

While many radical changes have taken place in the rules governing the offense within the last decade, yet strange to say, not a single modification has been made as far as the defense is concerned. A team on the defensive may marshal its players in any way it sees fit without let or hindrance. The whole eleven may be played in the line of scrimmage or none, as it pleases. While teams on the defense have many different assignments for the individual players and the form of the line-up slightly varies, yet the line-up of all teams on the defense looks about the same, as a rule; that is to say, seven men are placed on the line of scrimmage, three men in the immediate rear of the line and one in the back-field. If the present policy of curbing the offense is to continue, conceivably the defense will have to be restrained by some rule, so as to equalize the game. As now played, the defense to the scrimmage rests upon certain well-known principles.

The first consideration in a well-planned defense is the kind of attack which can be made against the team on the defense. Generally speaking, there are three kinds of attack which can be made in foot ball.

First in importance is the frontal attack or quick dives and mass plays.

Second—The attack upon the enemy's flank or end run.

Third—The concealed attack, or what is known as trick plays, being a feint in one direction, while the real blow is struck at another point.

The second consideration is the extent of territory through which these attacks may be made, which is determined by the width of the field, which is 165 feet at all points.

The third consideration is the number of men available for defense, which is always eleven.

The problem of the defense is how eleven men may be placed

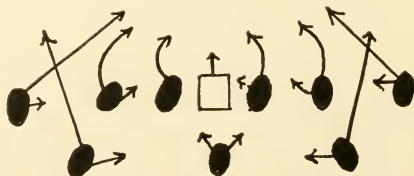


WILLIAM H. LEWIS (HARVARD)

to meet the several kinds of attack which may be made through a field of play 165 feet in width. Whatever the system of defense, of placing of the men may be, it is fundamental that the smaller the territory through which it is possible for an opponent to advance on a given play or less the length of front through which an attack may be made, the better eleven men can protect it; that is to say, eleven men can protect a front of ten feet much more effectively than a front of fifty feet. The natural tendency of the line is to pull open on defense as each man attempts to go around his opponent or through him. The defense should be so planned as to counteract this tendency and to close the line up at once. Obviously, a close line of defense seems best adapted to accomplish this end because the attack is either aimed at some particular player or at some interval between two players. The smaller the interval between the players, the shorter the extended front; the nearer the individuals are together, and therefore better able to assist each other. In a system with a close line, the ends should play about eight or ten feet from the tackle. The tackles from three and one-half to four feet from the guards, and the guards a foot to a foot and one-half from the center. In such a line formation, there are no great intervals to be filled by the backs or secondary line of defense. The two rush-line backs should stand about four feet in the rear of and just a trifle to the outside of the tackles. The quarter-back, unless he plays in the back-field, or any third man, should stand just behind the center. The fourth man, of course, plays in the back-field. The whole success of this system depends upon the play of the ends. The ends are near enough to the opposing backs to come in on a sharp angle, break up end runs before they take form or get under way, drop the runner in his tracks or drive him into the center, where the center trio holding firm, the wings swallow up the play, so to say. In such a system, the ends are responsible for the outside, but should never retreat and thus open up the line of attack, but should take a bee-line to the opposing back nearest his end. In this way he will often get the runner unprotected and almost before he gets started. To enable the ends

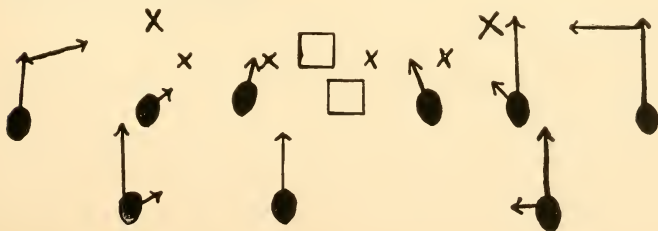
to play this style of game, the rush-line half-backs must follow the ends fast and close, making sure that nothing gets outside, and yet be in a position to cover ground between end and tackle, if need be, or to run behind their own line and back up the other side. The tackles are primarily responsible for the territory between them and the ends are secondarily responsible for the territory between them and the guards. They should charge their opponents' backs and go through generally on the outside, care being taken not to allow themselves to be forced too wide and thus give the guards too much ground to cover.

The guards look out for the hole between themselves and the tackles primarily and the hole between themselves and the center secondarily. They should charge the opposing guards-back, if possible, into the center hole and take the tackle holes themselves. The center-rush stands guard over both center holes, assisted by the quarter-back; the center should stand squarely in front of his man and the moment the opponent snaps the ball charge him backward, keeping him off at arm's length so as to be able to get into either hole. The quarter-back hovers just behind the center to back up center and either side of the line. The full-back stands in the back field at about the distance covered by opponents' punts and always moves up toward the line on every play and then falls back again, the purpose being that should the runner break the line, the full-back can take him much nearer the line of scrimmage and thus save distance. A team playing this system will look something like the following figure:



Long arrow denotes primary responsibility, and short arrow denotes secondary responsibility.

Another system of defense used with marked success is the extended line, where the players are deployed at much wider intervals. In this system the end plays from twelve to fifteen feet from the tackle, the tackle five to six feet from the guard, the guard two to two and one-half feet from the center; the half-back plays just behind, a trifle to the outside and to the rear of the tackle; the quarter-back opposite the interval between the left guard and center and to the rear. The end tackle and half-back on either side work in a triangle, the tackle being at the apex. The tackle plays outside of his opponent so that he can go through cleanly without getting mixed up with him. In case of an end run, the tackle breaks up the interference and the end and half take care of the runner. The end does not come in at once, but advances at right angles with the line of the scrimmage, and there waits to size up the situation. In case the play is inside of the tackle, the tackle dashes in to get the runner or take off his assistants. The left guard plays wide, facing in toward center, so that he can go in though the guard and tackle hole, cleanly and stop all runs at that point, or go straight ahead at the center hole and help the quarter-back look out for that hole. The center rush charges to his right and the guard on his right facing in toward center protects the interval between the right guard and center; the other holes on the right are defended the same as on the left. The object of this system is to get as many men through the line into the opponents' territory as possible; playing wide gives better opportunity for avoiding blocking. Three well trained backs fill up the interval left in the wake of the forwards. The alignment in such a defense would look some thing like the following:



No system of defense, however, is stronger than the individuals who execute it. The individuals should be thoroughly drilled in whatever system is used and should be developed to the highest degree of skill and efficiency as players in their respective positions of end, tackle, etc. The first principle of any defense is to get through with the ball, get into opponents' territory, so as to tackle the runner behind his own line, or to break up, scatter and disorganize opponents' attack. Once the runner gets to the line of scrimmage in good form with his team back of him, he is likely to make some distance against any eleven.

The first duty of a line on the defense is to get the jump on the other line. The game is won or lost in the rush lines and the fastest line wins the game.

SIGNALS

BY ROCKWELL AND HOGAN,
Quarter and Tackle of Yale Team of 1902.

The first essential in any system of signals is simplicity. An intricate and complicated system always militates against the team using it; the quarter is troubled in framing his signals and the speed which should accompany successful play is impossible. The confusion and uncertainty of the quarter affects the other members of the team; they do not jump into the plays with the dash and vim which characterize a team confident of its signals and receiving inspiration from the knowledge that the whole team is working on the same play. It does not follow because your system is simple, that your opponents will make it out. The chances are very much against their doing so, and while they take their attention from the play to watch your signals you gain such advantage over them as will enable you to push your plays so successfully as to give them something else to think of save your signals. Yet in spite of the extreme improbability of discovering your signals it may happen that your team will be discouraged and its play materially affected by believing that your opponents are playing its signals. So, in all the systems given in this article, provision is made for a change, which should be made immediately in such a case; a change which is in keeping with the simplicity of the system and yet sufficient to regain the confidence of your team.

In any system of signaling there are always two considerations: the quarter, or whoever calls the signals, and the rest of the team. The system should be such as will enable the quarter

to give the plays quickly and accurately. There should be no hesitation whatever on the quarter's part. He should practice calling off the plays to himself until he has every one in his control and can use any of them when he needs it. Not only should there be no hesitation on the part of the quarter, but the rest of the team also should grasp the play as soon as it is called. The play originates with the quarter and so is perfectly evident to him, but it should also be clear to the team just as soon as the signal denoting it is given. Very often you will see the quarter call the signal and then wait till the rest of the team understands it before receiving the ball from the centre. There should be no wait. The system should be one to enable the whole team to get the play immediately the signal is called. On the speed with which the ball is put into play depends to a considerable extent the success of the offensive work of the team and, therefore, it is most essential that there should be no unnecessary delay after the signal is called. All the systems taken in this article have those ends in view. They have all been tried and found to conform to the demands of any situation.

For the sake of clearness the different systems are numbered as Code I, Code II, etc. In the diagrams the black solid square denotes the player taking the ball; the heavy, continuous line the direction which he takes; the zig-zag line shows how the ball reached him and the dotted lines the directions taken by the other players, save the one carrying the ball. The dotted squares indicate changes in position assumed by the players in such a play as a wing-shift, etc.

To indicate the positions the following abbreviations have been adopted: L. E., left end; R. E., right end; L. T. left

tackle; R. T., right tackle; L. G., left guard; R. G., right guard; C., center; Q., quarter-back; L. H., left half-back; R. H., right half-back; F. B., full-back.

For Code I a letter system is taken, having as a base a word, or combination of words, containing either ten or eleven letters, in which the same letter does not occur twice. It may be either ten or eleven, as the center may or may not be denoted by a letter. Such words as f-o-r-m-i-d-a-b-l-e, d-a-n-g-e-r-o-u-s-l-y, i-m-p-o-r-t-a-n-c-e, or combinations like p-r-i-v-a-t-e-b-o-d-y, c-h-a-r-g-e-d-w-o-r-k, c-o-n-v-i-c-t-l-a-m-p—any word or combination in which the same letter does not occur twice and which has ten or eleven letters. Take the combination H-a-n-o-v-e-r—C-i-t-y, and beginning with the left end give each position a letter.

H	A	N	O	V	E	R	C	I	T	Y
L.E.	L.T.	L.G.	C.	R.G.	R.T.	R.E.	Q.	L.H.	F.B.	R.H.

The letters H, A, N, V, E, R, stand for holes thus:

H—Means end run around your own Left End.

A—Means play through Left Tackle, either inside or outside his position.

N—Means play through Left Guard.

V—Means play through Right Guard.

E—Means play through Right Tackle, either inside or outside his position.

R—End run around your own Right End.

Let the first letter given in the signal indicate the player who is to carry the ball and the next letter the hole or direction in which the ball goes. For example, let the letters called in the signal be: I, A. The play indicated is the Left Half-back through Left Tackle. Naturally the quarter would call more letters than those merely required to denote the play, so this signal might run in such a way as. "I—A—B—C—D." The last three letters only helping to prevent the signal from being discovered. The following is a diagram of the play:

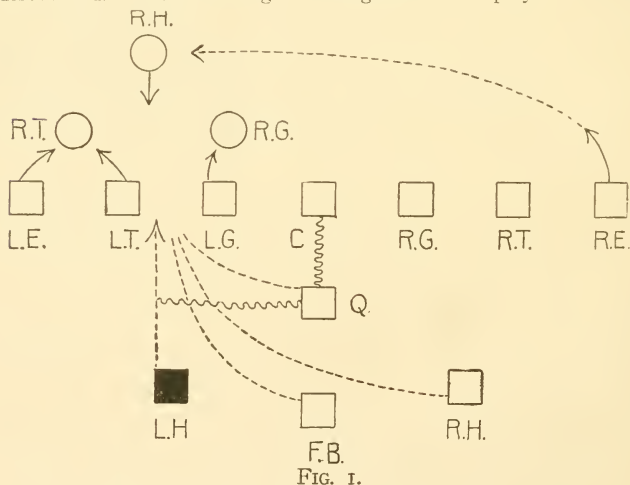


FIG. 1.

Your L. T. and L. E. push the opposing R. T. (designated in the diagram by a circle) back. Your L. H. follows straight behind your L. T. with the Q., F. B. and R. H. holding him on his feet and pushing him through the hole. The linemen charge straight at their opponents with the exception of the R. E., who goes in front of his own line and tries to get hold of the man with the ball and pull him along.

Let the signal given be: "Y—E—A—R." The play is the R. H. through R. T. Fig. 2 shows the play.

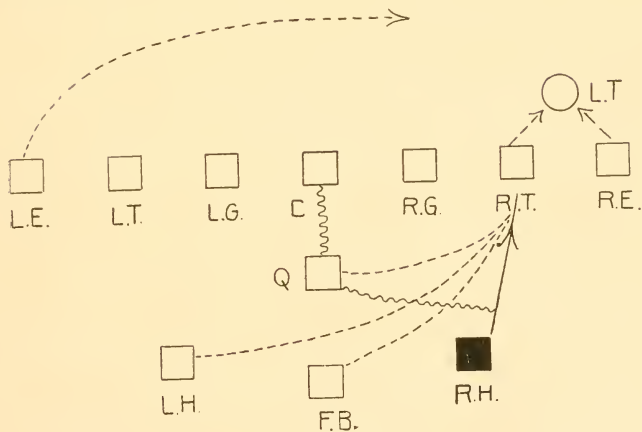


FIG. 2.

Here your R. T. and R. E. push the opposing L. T. back and the L. E. runs in front of his own line, as did the R. E. in Fig. 1, and pulls the man with the ball. For the duty of the other men see the explanation after Fig. 1.

Let the signal given be: "T—V—I—S—T." The play is your F. B. through your R. G. Fig. 3 shows this play.

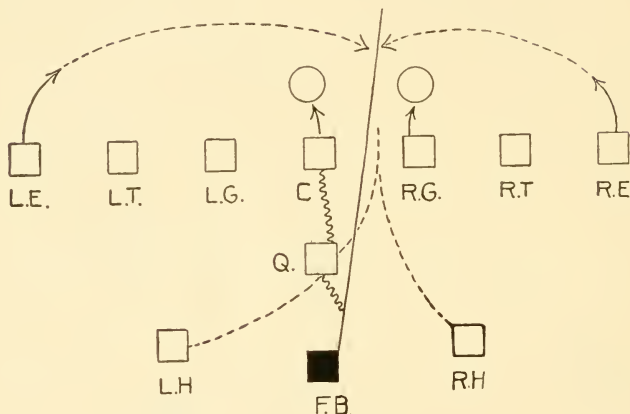


FIG. 3.

Here your R. G. with the assistance of R. T. pushes the opposing L. G. back. The F. B. get the ball from Q., who must be careful to get out of his way, and follows straight behind the R. G. Your R. H. and L. H. should keep him on his feet after he has met opposition and the two ends, both of whom should have come around in front of their own line, ought to pull him through the grasp of opposing tacklers. All the linemen should push their opponents back and away from the man with the ball.

Suppose the signal is: "T—N—O—K—B." The play is the F. B. through L. G., as shown in Fig. 4.

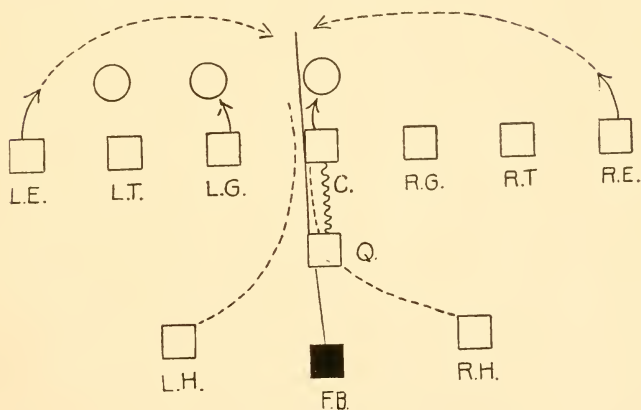


FIG. 4.

This play is exactly similar to that shown in Fig. 3 save that the L. G. and L. T. are the men who make hole by pushing the opposing R. G. out of the way.

Suppose the signal called is: "I—E—D—C—B." The play is the L. H. through R. T., a cross-buck. Fig. 5 shows the play.

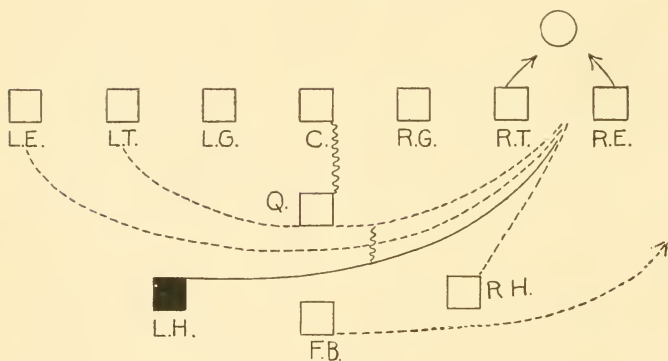


FIG. 5.

In this play your R. T. and R. E. get the opposing tackle out of the way; the R. H. goes straight into the hole, the L. H. carrying the ball next; then the Q. and L. T., who comes around into the play from his position in the line; the L. E. is the last man to follow the play—he makes it safe, watches for fumbles; the F. B. runs straight out from his position and keeps the opposing L. E. from getting the play.

Let the signal be: "Y—A—R—D—S." This is your R. H through L. T. The L. T. and L. E. make the hole; R. T. and R. E. follow around into the play. Fig. 6 shows this play, which is the same as that in Fig. 5, only on the opposite side of your line.

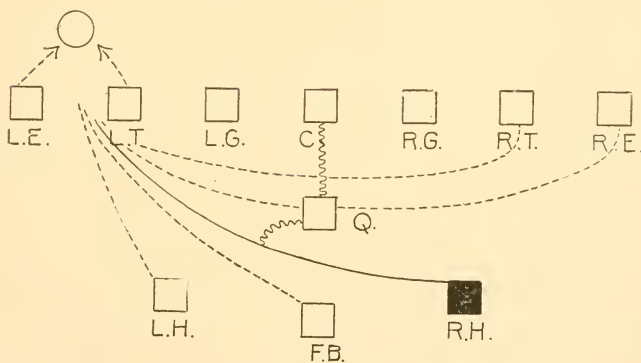
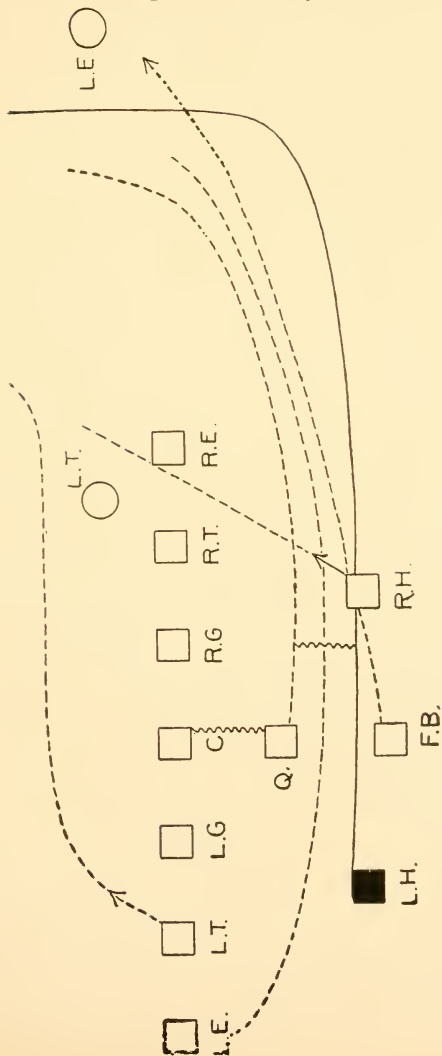


FIG. 6.

Let the signal be: "Y—H—A—B—K." This is your R. H. around your L. E., as shown in Fig. 7.



In case you wish your R. T. to carry the ball through the opposite tackle the signal will be: "E—A—R—L—V." This play is shown in Fig. 9.

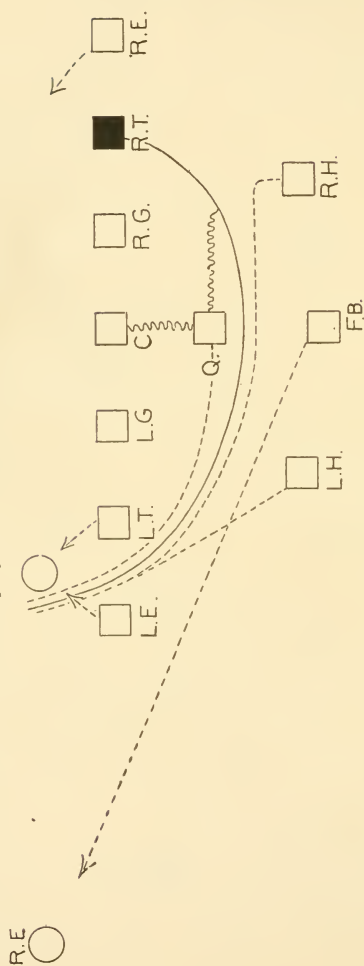


FIG. 9.

In this play your L. E. and L. T. charge the opposing tackle-back; L. H. goes straight into the hole thus made; the Q. helps the R. T. to turn, and should direct him after the ball has been passed to him, so that he will be sure to get into the hole that has been made by the L. E. and L. T.; the R. E. should prevent the opposing L. T. from following your R. T. As soon as the latter leaves the line he should step into his place and keep his opponent from chasing the play around. The F. B. should prevent the R. E. from getting the play, just as he has done in Figs. 7 and 8.

The signal for the L. T. through R. T. would be: "A—E—D—H—I." This play is the same as that shown in Fig. 9, only on the other side of the line. It is made sufficiently plain in Fig. 10.

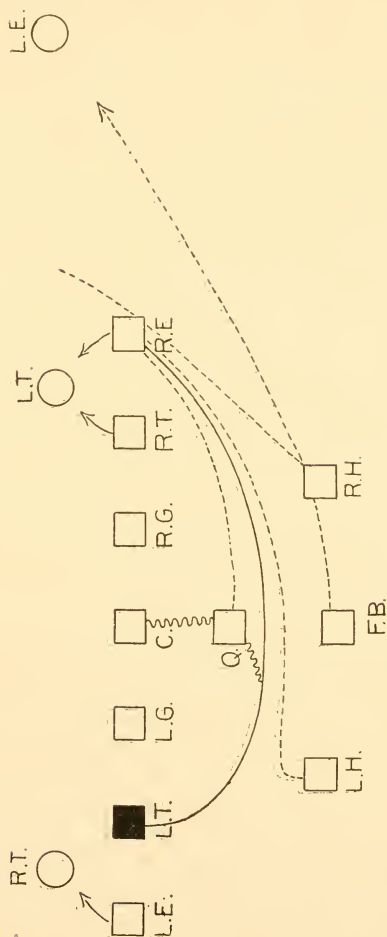


FIG. 10.

In Code I the signal for a kick could be any letter not in the combination you adopt as your key. Suppose the letter B denotes a kick. Then the full signal for the F. B. to kick the ball would be: "T—B—C—A—O." In Fig. 11 is seen the formation now commonly adopted for a kick.

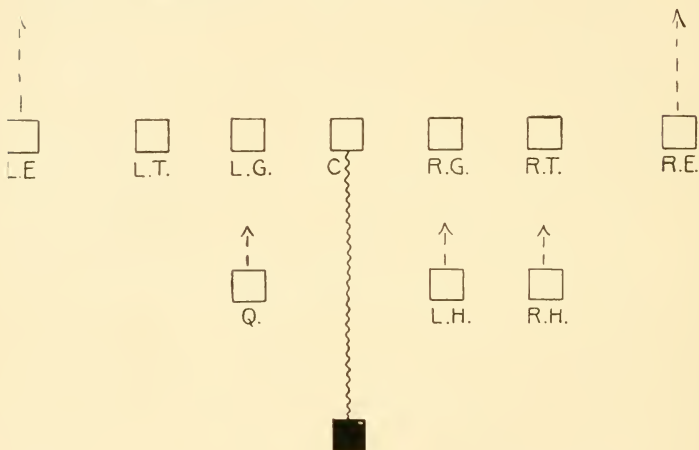


FIG. 11.

The two ends get well outside their Tackles and as soon as the ball is snapped, go straight down the field. The L. T. jostles the opposing Tackle and then goes down. The other linemen should hold their opponents long enough to ensure the F. B.'s having time to get the kick off in safety. The Q., L. H. and R. H., leaning forward on their hands, in the positions shown in Fig. 11, protect the F. B. from anyone who may succeed in breaking through the line.

The simple plays have now been given in Code I. These are

the plays which every team must be absolute master of. They may be played in every part of the field and on their success depends to a great extent the success of your team.

The following diagrams illustrate plays intended to puzzle your opponents and which they may not be prepared to meet. However, they should not be practiced until your team has mastered the simple plays. Too often will a team depend for success on tricks and fancy maneuvers, neglecting the steady, straight foot ball that is the hardest to withstand when played properly, only to be doomed to disappointment as a result.

A SIGNAL FOR A WING SHIFT

(USING CODE I.)

The Quarter may call out "Formation A," if the play is to go on the left of centre; "Formation B," if the play is to go on the right. (See Fig. 12.) Then, either the regular signal for an end run or a signal for a quick drive into line following a feint at an end run. (Fig. 13.)

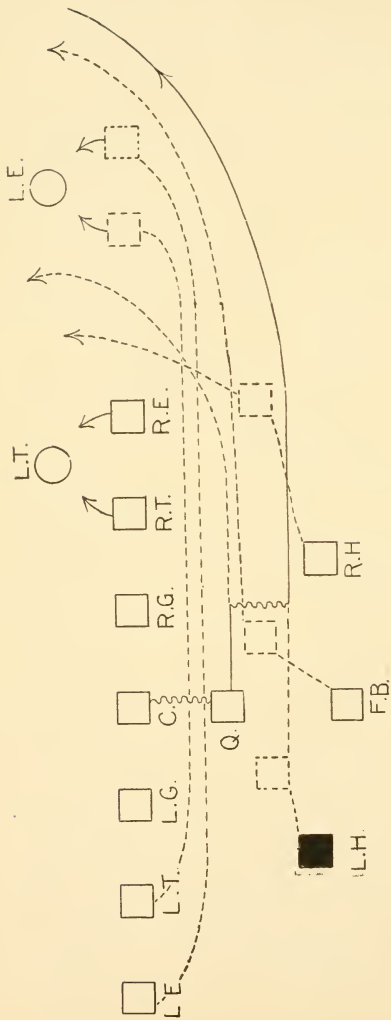
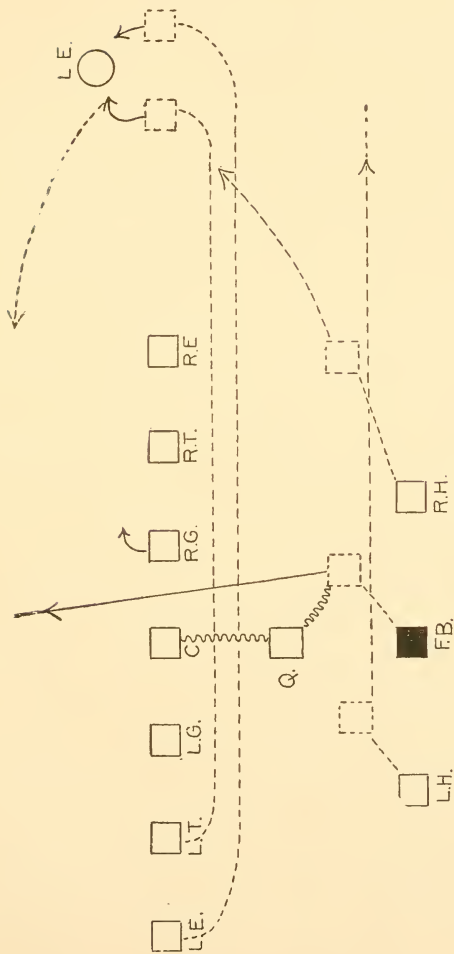


FIG. 12.

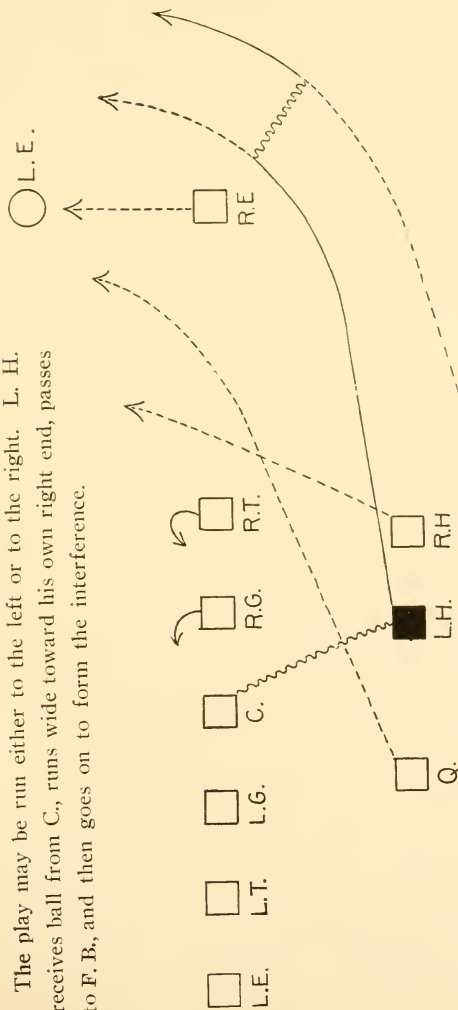
This signal might be "Formation B"—"I—R—T—C—K." L. E. and L. T. wheel over against opposing L. E.; at the same time the backs alter their positions, as shown in the figure by dotted squares. L. H. receives ball from Q. as in Fig. 13.

The success of the play depends upon the quickness and speed of the man carrying the ball. Whether successful or not, it will tend to spread out and "open up" the opponent's line. Then signal for the same formation and send the F. B. into the line.



This play to be used after having used that in Fig. 12. The R. H. and L. H. start toward the right; Q. pretends to pass to L. H., as in Fig. 12; hides ball; then passes to F. B., who dives between C. and R. G. The signal might be "Formation B"—"T—V—Y—O—K."

The play may be run either to the left or to the right. L. H. receives ball from C., runs wide toward his own right end, passes to F. B., and then goes on to form the interference.



The signal might be "K," and it would run: "I—K—E—S—D." The F. B. would drop back as for a kick and take the ball from the L. H. at the point indicated in the diagram.

FOUR-MEN FORMATION PLAYS

The following eight plays are the so-called "Four-men formation plays." In them one of the line men is called back either to run with the ball or assist in the interference. In the following plays it is the L.T. who is brought back and placed directly behind R.T. It will be noticed that the R.H. takes his position

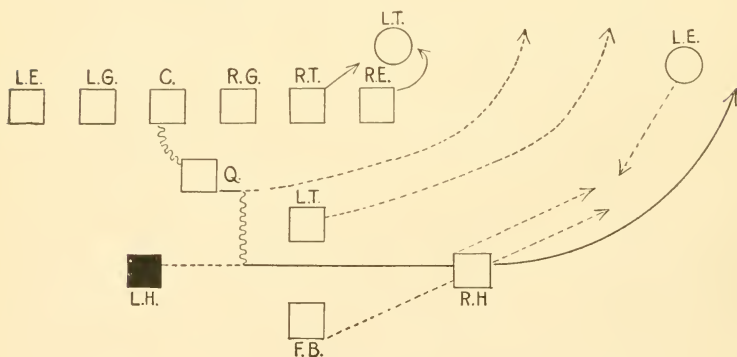


FIG. 16.

always "outside the position occupied by the man on the end of the line" to conform with the requirements of the 1904 rules.

This play is the simple end run. The L.H. carries the ball around your own right end. R.H. and F.B. block the opposing end. Q.B. after he has passed the ball to L.H. and L.T. form interference for the runner.

This play is a "tandem" on right tackle. The L.T. carries the ball and runs straight at his own R.T. The Q., L.H., F.B. and

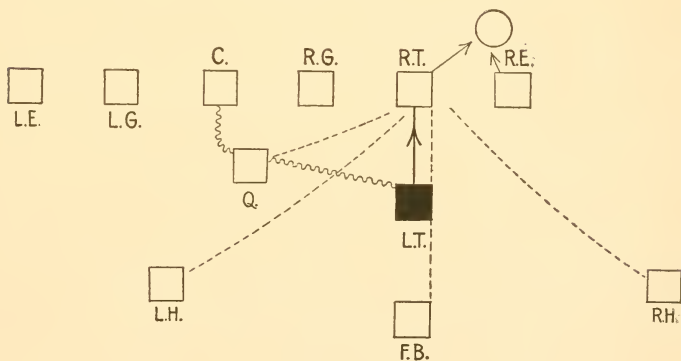


FIG. 17.

R.H. all follow, helping L.T. to keep his feet and pushing him through the line. This play should be always good for a gain of two yards when used alternately with play in Fig. 18.

This play is the same as in Fig. 17, except that the F.B. carries the ball. The F.B. keeps running close behind the L.T., ready to take advantage of the first opening. A good full-back often-times adds two or three yards by a quick shift or dive after the

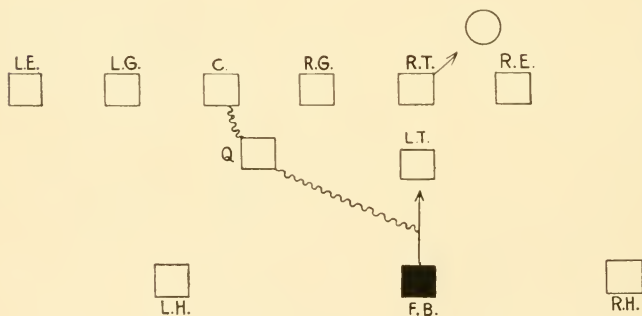


FIG. 18.

play appears stopped. A strap sewed on the jacket of L.T. or suitably fastened on the back of his belt may be of help to F.B., who when tackled can grasp this strap and be sometimes pulled clear of tacklers. The R.H. protects F.B. from opposing end; L.H. and Q. push as in play in Fig. 17.

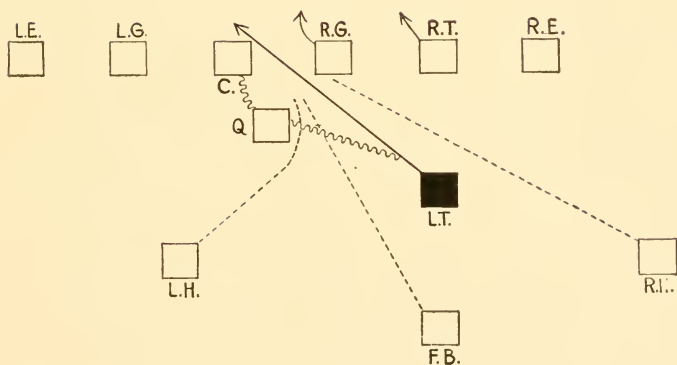


FIG. 19.

In this play the L.T. takes the ball and runs directly on R.G. R.G. pushes his man to the right and R.T. helps him. Q., L.H., F.B., and R.H. push as in play in Fig. 17.

This play is the delayed pass to L.H. The Q. pretends to pass to L.T. (who, of course, feigns to receive it), then turns, hiding it the while, and passes to L.H., who runs directly outside R.T. F.B., L.T., and R.H. run as if the play were between center and R.G. and must push and fight just as hard as if they were carrying the ball. The L.T. must be careful not to knock the ball from the Q's hands. He should reach out over the ball and cover the ball with his arms while the fake pass is being made

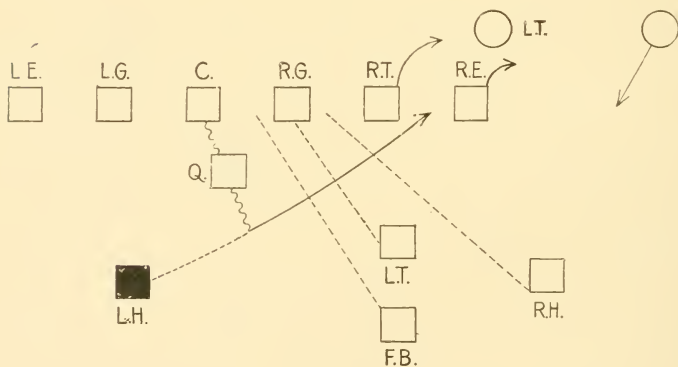
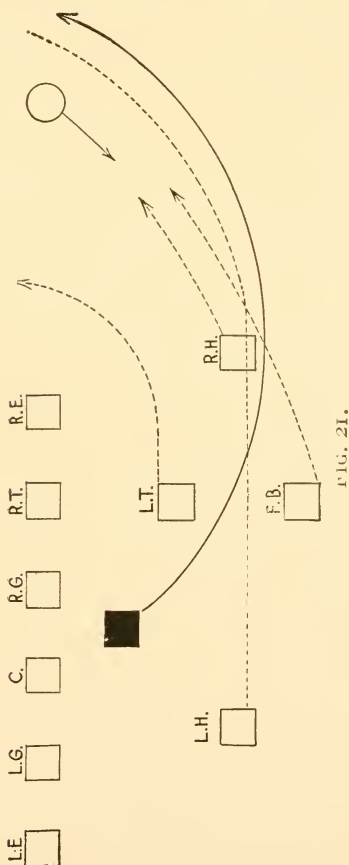


FIG. 20.

and then double up as if he had the ball and shoot into the line. The Q. can materially aid the deception by turning his back to opponents after he has made the fake pass to L.T. He should hold the ball a moment and then pass to L.H. L.H. must give Q. time to make his fake pass and then to hold ball a moment. L.H. runs direct on R.T. R.T. and R.E. try to coax their opposing tackle through on the outside. This play to be most effective should be used sparingly and always on a first or second down, Try it after the play in Fig. 19 has been used two or three times,

This is the quarter-back run around the right end. The R.H. and F.B. block the opposing end. L.T. and L.H. make the inter-



ference, as in Fig. 16. Q. receives ball from center and runs wide. This should be a very good play with a fast quarter.

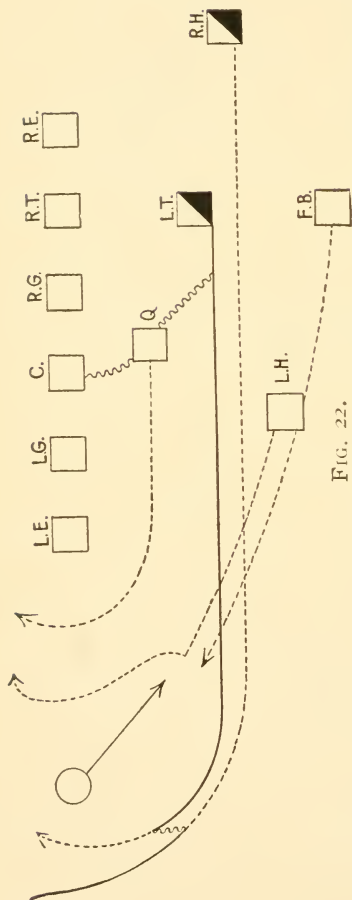


FIG. 22.

A double pass end run around the short side of the line. The L.T. receives the ball from Q., and runs as indicated in figure. If about to be tackled, he slips the ball under his arm to R.H., who follows about three feet behind L.T. and then L.T. interferes for R.H. A play of this kind is rather risky; still, when successful at all, it is good for a substantial gain. The Q. should use it only on the first down. It is a good play to keep your opponents playing wide and should be used when your mass plays begin to be stopped. The L.T. and R.H. should practice passing the ball on the run. There really need not be much of a pass in this play, for with a little practice it is possible to practically hold the ball out to your team-mate, thus, rendering a fumble impossible. Hold the ball firmly in regular running position (i.e., under the arm-pit and in palm of hand); now, lift the elbow shoulder-high, turn the wrist, keeping the palm upward, then stretch the arm backward. With some practice in this way one can soon pass a ball on a run with great accuracy and oftentimes after being tackled.

If the Q. at any time thinks it desirable to change the manner of calling the signals, he may readily do so by having the signal start with the second, the third or the fourth letter, or by not having the signal start till he has called some letter agreed on that is not in the key and is not used in the plays.

CODE II.

A COMBINATION OF LETTERS AND NUMBERS.

Let the F. be the hole between guard and center; H., the hole between tackle and guard; K., the hole just outside tackle; B., end run.

As each letter taken separately stands for the two holes, i. e., F. would mean either the hole between R.G. and C. or L.G. and C., so some method must be adopted to signify which hole is meant. Now, if the signal starts with an odd number, the hole on the left side of center is meant; if it starts with an even number, the hole on the right side is to be the outlet for the play. For example, the signal "3—B," etc., means and end run around your own left end; and "6—B," etc., means an end run around number to the training table early in the season, but make it your own right end. Therefore "3—B," etc., will always mean an end run around your own left end and the right half-back will carry the ball. So the completed signal will be: "3—B—4—M." The number 4 and the letter M mean nothing. The complete signal for the left half-back to carry the ball around your own right end would be: "4—B—11—X." Since the signal starts with an even number it shows that the play is to go on the right side of center and the letter B signifies that the play is an end run.

This code contains but the simple ordinary plays used by every team during the first weeks of practice. There are ten plays in all, not, however, including the kick, and are as follows:

L.H. run around R.E.	4—B
R.H. run around L.E.	3—B
L.H. dive through L.G. and L.T.	7—H
R.H. dive through R.G. and R.T.	12—H
L.H. cross-buck just outside R.T.	14—K

R.H. cross-buck just outside R.T.....	7—K
F.B. dive through R.G. and C.....	6—F
F.B. dive through L.G. and C.....	9—F
L.T. run just outside R.T.	2—6—K
R.T. run just outside R.T.	3—11—K

It will be noticed that the L.H., L.T., R.H. and R.T. carry the ball through the same hole (K). Whenever the L.T. is to carry it the signal will start with two even numbers and whenever the R.T. carries the ball, with two odd numbers. Thus:

Signal: 4—8—K—5—Y. (See Fig. 10.)

Signal: 2—K—9—B. (See Fig. 5.)

Signal: 3—7—K—4—R. (See Fig. 9.)

Signal: 9—K—2—M. (See Fig. 6.)

Signal: 4—B—11—X. (See Fig. 8.)

The absence of letters from signal might indicate a kick; thus:
4—6—7—11. (See Fig. 11.)

CODE III.

A SYSTEM OF NUMBERS ILLUSTRATED.

In this system it will be seen that the even numbers are plays on the right of center and the odd numbers are plays on the left.

4. L.G.	through	R.G.
5. R.G.	through	L.G.
6. L.T.	through	R.T.
7. R.T.	through	L.T.
8. L.H.	around	R.E.
9. R.H.	around	L.E.
10. L.H.	cross-buck through	R.T.
11. R.H.	cross-buck through	L.T.
12. R.H.	straight through	R.T.
13. L.H.	straight through	L.T.
14. F.B.	straight through	R.C.
15. F.B.	straight through	L.C.
16. L.E.	run around	R.E.
17. R.E.	run around	L.E.

Kick: any number over 300.

Now, let the second number given be the key number, the number which represents the play. For instance:

Signal: 6—8—9—27—4 (See Fig. 8.)

Signal: 5—12—21—7 (See Fig. 2.)

Signal: 8—13—42—9. (See Fig. 1.)

Signal: 5—15—8—2. (See Fig. 4.)

Signal: 6—11—43—8. (See Fig. 6.)

Signal: 357—952. (See Fig. 11.)

Etc., etc.

In the last two codes the quarter may readily change the key number at any time and so be certain that his signals are unknown to his opponents.

A SEQUENCE OF PLAYS

It frequently happens that a team, especially a school team, will have one man who has clearly outplayed every opponent he has faced and upon whom the quarter may depend when there is a distance that *must* be gained. Under such conditions a team should have a sequence of plays, i. e., three or more plays previously committed to memory, to be executed in quick succession without a signal. Assuming that the tackle is the steady and reliable man, then, select three or more plays through his position and constantly practice them as a series without any intermission.

A sequence of five plays illustrated:

In Code III.—The second number the key:

6—(12)—28—4. (Fig. 2.)

5—(6)—21—9. (Fig. 10.)

2—(10)—7—5. (Fig. 5.)

7—(10)—42—8. (Fig. 5.)

8—(11)—29—6. (Fig. 6.)

If the first four plays are successful the opponents will naturally shift over, to try and "brace up" the weak spot, and the last play is intended to surprise them and is, therefore, sent on the opposite (left) side of the line.

WHEN TO USE THE SEQUENCE

The best time to employ the sequence is in the opponent's territory about twenty-five yards from the goal, when quickness and speed of plays used is so essential to success. Then, too, it is highly probable that the "cheering" makes it hard to hear the signals.

There are various ways to signal the sequences, but a simple and effective way is to have the quarter make some such remark as this: "There's only twenty yards to go, fellows; *stay together now!*" This would mean that the next signal was the first of the sequence and that it would be played without any more direction from the quarter-back.

Too much emphasis cannot be laid on how essential to your team's success is a thorough knowledge of the signals. Every player should know just what he is to do in each play; the very instant the signal is given, he should recognize the play and determine to do what is expected of him. The players, apart from the general practice, should repeat the signals to themselves and get familiar with their individual duties in each play. Confidence is almost essential to success in offensive work, and a team can have but little confidence in its ability to advance the ball till every one has thoroughly mastered the signals.

TRAINING FOR FOOT BALL

BY MICHAEL MURPHY.

The days of the extremes of training, both in foot ball and other sports have, at any rate for the time being, gone by. The old-fashioned notion that men must be deprived of everything they wanted for their comfort and go through a period of actual physical suffering has been exploded. Young men, and particularly college men, do not need the severe regimen adopted in the old days, when training was confined only to a certain class and that class one indulging in all sorts of dissipation between times. For this reason treatises on training can be far more brief than in the times when the exact percentage of food stuffs was figured out to a nicety. Moreover, foot ball is one of those fortunate sports which comes at a season of the year when the weather, except in the very early part of it, is not exceedingly hot, but rather bracing, and unless there is something radically wrong with the man, as a rule, during the foot ball season, his appetite should in the main improve.

It is really the nervous tension which has come to be great and it is to the relief of that nervous tension that many of the best friends of the game are looking in hopes that alterations in the rules may improve this condition.

The great majority of the players are not affected by this, but the captain, coach and quarter-back usually pass through periods where the worry is quite extreme, and while it makes little difference to the coach it does affect the captain and quarter-back very materially and with these men, the greatest problem of the training season is to see that they pay less rather than more attention to the sport and get some relaxation at periods.

The general physical condition of the men is in these days looked after both by the trainer and by competent surgeons, so far as injuries are concerned.

The problem of how much work a man should do and when he should work is one of general consultation between coach, trainer and captain—the trainer's opinion being in the main accepted as final—and as a rule this trio make satisfactory decisions. Sometimes a man is found who is able to deceive all three as to his condition, but not often, and, moreover, such men are usually men whose personal idiosyncrasies are known.

One of the most difficult points in training a foot ball team is to keep them steadily progressing and not have a slump at some disastrous period during the season. Men differ so greatly individually that the accepted method of working the men nowadays is to watch these peculiarities and not try to judge all men by the same rule, but to lay off first one and then another as occasion demands, giving them all an opportunity for sufficient practice, but forcing no man to work too long.

It takes a good deal of time to teach a man modern foot ball and he has to go through a certain period of steady work before he combines the necessary knowledge with the skill; hence an especial reason for consistency in carrying out training development. Foot ball men all need quickness and the work should be devoted to short periods of snappy play rather than long periods which get the man into the bad habit of playing slowly because he is tired.

A foot ball player beyond all else needs to have a sort of superfluous energy to draw upon at the time of his match and to exhaust this is to make a very serious mistake. The men should, therefore, be very carefully watched in order to see that the work is not at the expense of this energy, which must be called upon at a critical time. No man should find himself in a game without a feeling that he would at least like to make a touchdown whether it is possible or not, and the making of touchdowns is practically impossible if the man's physical and mental condition is such as to leave him without desire to do so.

The first problem in the season that faces captain, coaches and trainers is that of making selection from a great mass of material. This material will be scattered over three or four different

Spalding's How to Play Foot Ball

fields and in all sorts of physical condition, as some men take care of themselves during the summer while others do not. A coach may easily be deceived by lack of condition in a man who, when in shape, would play a strong game. For this reason critical watching and very likely some inquiry as to the past performance of the man is very advisable. As soon as the material has begun to be sifted it becomes necessary to sort out a part of it for the 'Varsity, but it is wise not to take a great many men to a training table early but make this rather a reward of merit in a way, at the same time taking possibly the absolutely sure men who are not likely to have the best of living otherwise.

All this matter is a question of judgment and a little study and reflection on the subject is returned many times over in the results later in the season. It is hardly worth while, although I know it has been adopted by some trainers, to put men who are going to play foot ball through special courses of gymnastics, unless it may be for some special weakness of the individual. It is certainly a good plan for foot ball men to be handled by a track trainer in learning to start quickly. Gymnasium apparatus, however, is not proving very successful for general teams. A little setting up work in the early part of the season is often a good thing and some running, but after the season is once under way the men have plenty to do without taking these special exercises, except it may be to reduce the weight of a man who is very heavy. Running around the field for men who are temporarily laid off, and for the whole squad in the early part of the season, is a good thing.

Another great problem is to keep enough backs to last through the season. The backs are usually lighter than the forwards and being given a good deal more of the running work to do (and this is particularly true under the new rules where the men behind the line will have to do a good deal of line hammering without heavy interference) is rather apt to call for all the material that a coach and trainer can keep going. And even then at the end of the season the good men are scarce. The first part of the season the practice ought to be very short—

Spalding's How to Play Foot Ball

four or five minutes—and the team worked up to longer periods as the weather grows cooler and they improve in condition. By mid-season they should be able to play two fifteen-minute halves with ease, and if possible a fifteen and a twenty-minute half. By November they should be able to stand a slightly longer period in order that by the time of the big games they may be able to go the necessary two thirty-five minute halves.

As to protectors for the players, it is well worth while to use such protectors as are likely to save the players from injury, but of late it is feared too much has been done in this way so that the players were rendered rather less plucky, and, moreover, in some instances were probably made tender. Under the present rules the doing away with the heavy head protectors will be a great step in advance and will probably save many injuries. Nose guards are rather difficult to breathe through, but properly arranged are not dangerous. Protectors for the thigh and shins are good things and if a man receives an injured shoulder some kind of protection there is also advisable.

So far as foot ball is concerned a strict diet is not essential, but the men should not be permitted to smoke, nor should they be given alcoholic drinks except for medicinal purposes or when a man is very tired. The living should be plain and substantial and every effort made to have his training table attractive and the food appetizing.

Equipment for Foot Ball

As the American colleges play it, foot ball is distinctly an American game. Englishmen who see it are amazed at the development of Rugby by United States collegians. In all the advances, intricacies and elaborations of this sport, A. G. Spalding & Bros. have always been ready to meet and anticipate the needs of the players and the well established reputation of the firm can be ascribed to the unvarying policy of honesty in the manufacture of their goods. No article is sold under a false claim, and every article sold is backed by a responsible guarantee contained in the Spalding trade-mark.

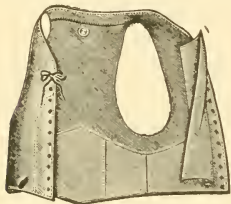
Over twenty years in manufacturing and not a single ball burst in a college match (a record without a precedent); the closest inspection at the tannery, and again after the balls are finished, and this last inspection is so close and exhaustive that it is rarely that even the slightest defect in either leather or sewing is overlooked, are a few reasons why the Spalding Official No. J5 foot ball is always used by the colleges, and, in fact, in every first-class match. Every team should have a No. J5 for practice work, and thus become thoroughly familiar with the "feel" of the ball they will be called upon to play with in match games. Be sure the ball is stamped with the Spalding trade-mark, which carries with it the Spalding guarantee of quality. Spalding's Trade-Marked Athletic Goods are not intended for ornaments, and they don't always look as pretty as similar goods of other manufacturers who oftentimes cater to the artistic and æsthetic tastes of the dealer rather than to the requirements and necessities of the player who wants them for hard usage. Possibly if such manufacturers had to back up a guarantee like the Spalding, they might go in more for strength and utility and less for beauty.

For those, however, who wish a serviceable ball, and one that is superior in style and quality to the many balls put up in imitation of the No. J5, we recommend Spalding's Rugby Special No. A, which costs \$2.50 each. Other good Rugby balls can be bought for \$2.00, \$1.50, \$1.25 and \$1.00 each.

The most essential point in starting a foot ball team is to have every player properly clothed, and on the following pages will be found a list of the principal articles worn by the leading university and college teams throughout the country.

Experiments have been made for years to make a material suitable for foot ball clothing that would overcome the objections to ordinary canvas and moleskin, and at the same time combine the good points of both. Two seasons ago Spalding's put out some foot ball clothing on orders for the most prominent teams in the country, using a special light weight tan colored canvas, guaranteed dye, and believed to be the strongest material ever used in a foot ball suit. The reports received from players who used this equipment could not have been more gratifying, and "Spalding's Special Varsity Foot Ball Clothing" is a regular production. For those who require something that will give absolutely perfect satisfaction this grade is unhesitatingly recommended.

Two styles of jackets, both sleeveless, are made in this grade. The illustrations will show some of the features of the VK style, which is made according to the



Showing No. VK Jacket.
Note reinforcement and
extra large arm holes.



very latest ideas. Arm holes, particularly, are made extra large and there is a heavy reinforcement running all around them and around neck and back to give additional strength at those points where it is most needed and to support lacing at

the edges. The price of the No. VK Jacket, sleeveless, is \$1.25, and the same jacket in regular style, without reinforcement, costs \$1.00.

Trousers in the same grade as the No. VK jackets are correctly padded in the hips and knees, according to an improved method, with pure curled hair, and the thighs have cane strips. This style is known as No. VT and a pair costs \$2.50.

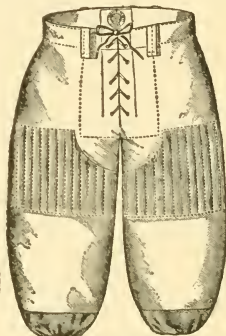
The Spalding Special Varsity Union Foot Ball Suit consists of the above trousers and either style jacket, with elastic belt joining them. It is made to order only and application for prices should be made to any of Spalding's stores, a list of which will be seen at the foot of the advertising pages in this book.

The ordinary style jacket, with which everyone

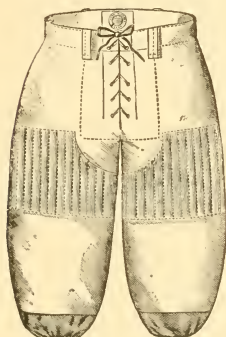
is familiar (known as Spalding's No. 1) is made of special brown canvas, sewed with the best and strongest linen, with hand made eyelets for lacing. Those with sleeves costs 75 cents, and without sleeves, 60 cents. Spalding's No. X grade is well made, of a good quality white canvas, and

cost 50 cents for a jacket with sleeves and 40 cents without them.

Spalding's Intercollegiate Foot Ball Trousers are made of the best and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are padded according to an improved method with curled hair, and

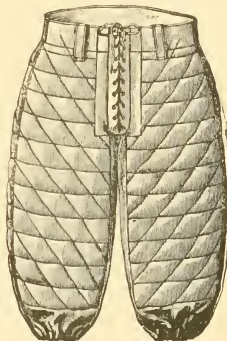


the thighs with cane strips. The best grade is designated as No. OOR and cost \$5.00 for a pair with padding and \$4.00 unpadded. For \$3.00 a pair, padded, can



No. OOR.

be obtained in same style as No. OOR, but of a cheaper grade of moleskin. Trousers in canvas come in three grades. The best, No. 1P, is of extra quality brown canvas, well padded throughout and with cane strips at thighs, and cost \$1.75. The next quality, No. 2P, is of good quality brown canvas, well padded and substantially made, and sell for \$1.00, while for 75 cents a well padded pair, made of heavy white drill, can be obtained.



No. XP.

In the matter of shoes, the foot ball player must have suitable shoes if he is to do good work. Merely putting cleats on ordinary shoes will not do. Spalding's, naturally, have made a specialty of foot ball shoes for years past and every pair is practically made under the direct supervision of an expert. They warrant the material and workmanship and can point to the players on the best college teams in this country who all wear Spalding Foot Ball Shoes as evidence of their general good qualities. All of their foot ball shoes have the new style cleats, as shown in cut.



No. A2-0; showing new arrangement of cleats.

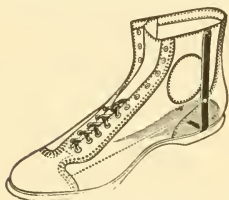
The shoe that is recognized as standard by foot ball players everywhere is Spalding's No. A2-0. It is hand made throughout, of finest Kangaroo leather, with circular reinforce on sides, and costs \$7.50 per pair. An extremely light model of the No. A2-0 shoe, costs the same price. Another shoe that has elicited a great deal of favorable comment is Spalding's No. AX Special Sprinting Shoe. This is the style of shoe used by the victorious Princeton team in

their most important games last season. It is hand made throughout, of the finest kangaroo leather, and equipped with the Spalding foot ball ankle brace (designed by Trainer Murphy of the Yale team). This style costs \$8.00 per pair complete.

The other grades of shoes are as follows: The 'Varsity Shoe, No. A2-M, fine, black calfskin; hand made throughout, equipped with Spalding's Foot Ball Ankle Brace, which will give excellent satisfaction; per pair, \$5.50.

The Club Special Shoe, No. A2, of black calfskin, good quality, machine sewed, very well made; per pair, \$4.50. The same shoe in sprinting weight, can be obtained for the same price.

The Amateur Special Shoe, No. A3, is made of black calfskin, good quality, machine sewed and is a very serviceable shoe; per pair, \$3.50.



A very useful and necessary adjunct to a foot ball shoe is Spalding's foot ball ankle brace, designed by M. Murphy, the celebrated trainer of the Yale team. The brace is made of two pieces of finely tempered steel, jointed. It absolutely prevents turning of the ankle, and has been most thoroughly tested in actual play by the Yale team. It can be put in your shoes by any shoemaker. The price is 50 cents a pair.

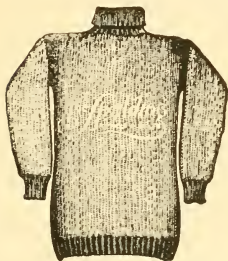
The Hackey patent ankle supporter is the most popular style of this very important article of wear. They are worn over or under stocking. Relieve pain immediately and cure a sprain in a remarkably short time. The best quality, made of soft tanned leather, costs \$1.00 per pair; good quality of sheepskin, lined, bound and reinforced, costs 50 cents per pair, and 25 cents buys a pair made of black duck, lined and bound, leather reinforced.



Spalding's "highest quality" foot ball stockings are superior to anything ever offered for athletic wear, and combine all the essentials of a perfect stocking. They are all wool, have white feet, are heavy ribbed, full fashioned, hug the leg closely but comfortably, and are very durable. The weaving is of an exclusive and unusually handsome design. They cost \$1.50 per pair in black, navy blue and maroon colors only; other colors are made to order only, for which prices will be sent on application. Striped stockings, in same grade, are made to order only, and cost \$1.75 per pair. Spalding's striped ribbed stockings rank next to the "highest quality" grade and are of best quality all wool, with alternating two-inch stripes. They can be obtained in the following combinations: scarlet and black, navy and red, orange and black, maroon and white, royal blue and white, royal blue and black, navy and white. They cost \$1.25 per pair for the "heavy weight," \$1.00 for "medium weight," and 75 cents for "good weight." Other combinations have to be made to order, at special prices. Plain color stockings—black, navy, maroon, royal blue and scarlet, cost \$1.00 per pair for the heavy weight, all wool; 80 cents for the medium weight; 60 cents for a good weight, wool legs and cotton feet, and 25 cents for cotton.

Sweaters are, of course, a necessity for every player, and the Spalding line offers a wide assortment for selection. The very best sweaters are known as the Spalding "highest quality" and are made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in the "highest

quality" sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight. The Spalding No. AA sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as they have exclusive control of this special weight. They



are particularly suitable for foot ball and skating. The price is \$7.00 each. The other weights and prices in this grade are: No. A, Intercollegiate, special weight, \$6.00; No. B, heavyweight, \$5.00; No. C, standard weight, \$4.00. Colors: white, navy blue, black, gray, maroon and cardinal. Other colors are made only to order at special prices. All are made with 10-inch collars, in sizes 28 to 44 inches.

A striped sweater, in the following combinations, two-inch stripes, red and black, navy and red, navy and white, and orange and black, is made in the No. B grade before mentioned, and costs \$5.50.

Other combinations, can be obtained, of course, but only at an advanced price and to order only.

Spalding's Shaker sweaters were introduced to fill a demand for as heavy a weight as their "highest quality" grade, but at a lower price. They are made in these colors only: Black, navy blue, maroon, gray or white, and cost \$5.00, \$4.00 and \$3.00, respectively, according to weight. Striped sweaters in the Shaker grade, standard weight, cost \$3.50 each in the following combinations only, two-inch stripes: red and black, navy and red, orange and black, navy and white. Ribbed sweaters, made of pure wool, in maroon, navy blue, black and gray, cost \$1.50 each and are guaranteed superior to any other sweater of equal price.

Spalding's varieties of jerseys are almost endless. We give herewith a list of their most popular ones. Where different combinations of colors or different width stripes are wanted, they have to be made to order and at an advanced price.

The Spalding No. 1P extra quality jerseys are made of the finest Australian wool; close knit and full fashioned; in solid colors: navy blue, black, maroon and gray; price \$4.00.

The Spalding No. 10P line, recently introduced, is manufactured from hard twisted worsted and closely woven, of a good quality, and made so as to stand the most severe strain. It is an absolutely perfect jersey for athletes. Solid colors: black, navy blue, white, cardinal, maroon and gray carried in stock; each, \$2.50.

No. 10PX is same grade as No. 10P, solid color body with alternate striped sleeves—usually two inches of same color as the body, with narrow stripe of any desired color. This is a very popular garment and will give excellent satisfaction; each, \$2.75.

Full striped jerseys in the No. 10P line cost \$3 00 each, and in the No. 1P line, \$4.50. The combinations carried are the following, two-inch stripes: orange and

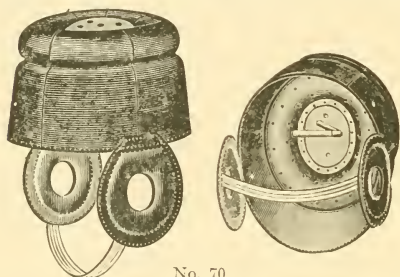


Full Striped Jersey.

black, navy and white, red and black, gray and cardinal, gray and royal blue, royal blue and white, Columbia blue and white, scarlet and white, black and royal blue, navy and cardinal, maroon and white.

Jerseys, in same colors as above, but with collars and cuffs not striped, in the No. 10P line, cost \$2.25.

The cut herewith shows Spalding's patented pneumatic head harness, which represents really one of the greatest improvements that has so far been invented



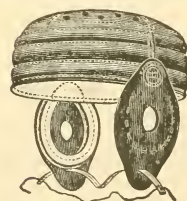
No. 70.

When ordering specify size of hat worn. No. 70, each, \$5.00.

This cut represents Spalding's No. A head harness, which also costs \$5.00. It is made of firm tanned black leather, molded to shape, perforated for ventilation and well padded, adjustable chin strap. This head harness presents a perfectly smooth surface, and while giving absolute protection is one of the coolest and lightest made. When ordering specify size of hat worn.



No. A.



No. B.

Spalding's head harness No. B is made with soft black leather top and sides, molded leather ear pieces, adjustable chin strap. The top is padded with felt and well ventilated. Sides stitched and felt padded with canvas lining. When ordering specify size of hat worn. Each, \$2.50.

Spalding's head harness No. C is made with soft black leather top, well ventilated; moleskin sides and ear pieces, elastic chin strap. Nicely padded with felt and substantially made. Each, \$1.50.



No. C.

Morrill's nose mask is made of the finest rubber, and no wire or metal is used in its construction. It has become a necessity on every foot ball team, and affords



Morrill's Nose Mask.



absolute protection to the nose and teeth. No. 1, and youth's sizes, costs \$1.50 each.

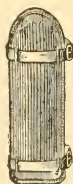
Spalding's Rubber Mouthpiece is made of best quality Para rubber, and gives perfect protection to the mouth and teeth. It costs 25 cents.



Rubber Mouthpiece.

Shin guards offer several varieties from which to select, and the following will give a good idea of the Spalding line:

Spalding's sole leather shin guard No. 30, is a very light guard, but gives absolute protection to the shins. It is made of heavy sole leather, corrugated and molded to shape, but flexible so that they will conform to any size leg. The new method of attaching the light but strong straps permits the guards to be bound lightly to the leg and prevents them from getting loose or shifting. Per pair, \$1.50.



No. 30.

Spalding's No. 60 shin guards are made with covering of black leather, backed up with real rattan reeds and felt padding. Leather straps and binding. They are light in weight and well made. Per pair, \$1.25.



No. 9.

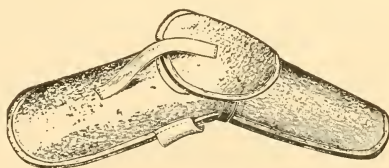
Spalding's No. 11 shin guards are substantially made of cotton moleskin, backed up with real rattan and felt padding. Per pair, 60 cents.

In canvas shin guards Spalding's make two sizes and styles: No. 8, of reed and felt padding, 9 inches in length, at 40 cents per pair, and No. 9, 11 inches long, at 50 cents per pair.



No. 60.

A very ingenious appurtenance is the Spalding combined leg, knee and shin guard, made after model submitted by Glenn S. Warner of Cornell, which gives perfect protection



with absolute freedom of movements. It is heavily covered with wool felt both inside and out and in exact accordance with decisions of rules committee. They cost \$5.00 each.

Shoulder pads next claim the attention. Spalding's improved shoulder pad No. B, as shown herewith, was also designed by Glenn S. Warner. This pad is made to fit the player's shoulder. It is heavily padded both inside and out with wool



No. B.



No. D.

felt in exact accordance with decisions of rules committee and meets with the hearty indorsement of every player and trainer who has examined it. The price is \$2.50 each. The other style, No. D, is made with

soft black leather covering, padded with heavy felt and fitted with adjusting laces and elastic. Selvage is left for attaching to jersey. No. D costs \$1.00 each. Spalding's adjustable leather covered pads are hand made and can be readily attached to any part of a jersey, but are specially adapted to the shoulders and elbows. Covered with tan leather, and padded with a new material which has all the softness of curled hair and the durability of felt. No. 1 for the shoulder, costs 50 cents each and \$1.00 per pair; No. 2 for the elbow, costs the same.



No. 2.



No. 1.

No. 3 for the shoulder and No. 4 for the elbow are made same as Nos. 1 and 2, except that the covering is brown canvas instead of leather, which reduces their cost to half of Nos. 1 and 2.

Spalding's combination foot ball glove and wrist supporter is a very useful article for the player. It was designed by H. B. Conibear, trainer at the University of Chicago. The back of the hand is protected by a piece of sole leather, and any strain to the wrist is avoided by a leather strap supporter, which forms the upper part of the glove.



Patented June 17, 1902.

The glove does not interfere with the free use of the hand, and those in use last season were highly commended by the

players. It is made for right or left hand and costs \$1.00 each.

Leather wrist supporters are made in styles as shown in cuts and costs 25 cents for the laced style or single strap and 35 cents for the double strap.

Pardages for the elbow, shoulder, knee, ankle or wrist, are made specially for those portions of the body and can be obtained from 75 cents up, depending on size and quality.



No. 300.



No. 100.



No. 200.

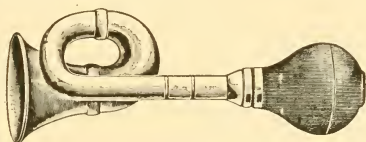
The rules specify that "The referee should use a whistle to indicate cessation of play on downs, fair catches and fouls, and the umpire (and linesman) should use a horn or bell of some kind, distinguishable from the referee's whistle, to indicate that a foul has been committed." For referees' use, two styles of whistles are shown herewith, either of which costs 25 cents, while for the umpires' and linesmen's use, two styles of horns are made, No. 1, of polished brass, costing \$2.00, and No. 2, nickel-plated, \$1.00. They make a loud sound and are not cumbersome in the hand.



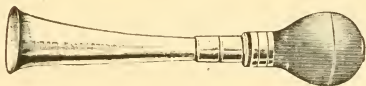
No. 1.



No. 2.

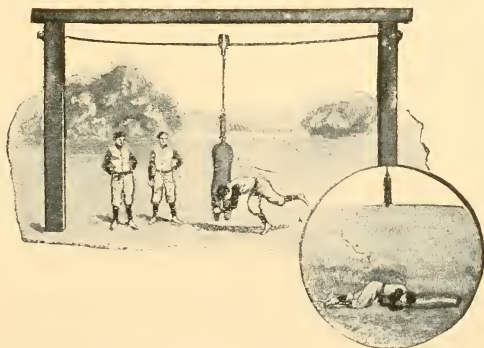


No. 1.



No. 2.

The value of the Spalding tackling machine, equipped with the releasing attachment, cannot be overestimated. It enables the coach to instruct players how to tackle properly with accuracy, and without fear of being hit by the



weight which is overhead in other machines. Mr. John McMasters, trainer of the Harvard foot ball team, is responsible for the releasing attachment, which is a worthy supplement to the original tackling machine invented by Capt. Garrett

Cochran, of the Princeton team, and improved by Glenn S. Warner of Cornell.

Spalding's have supplied practically all the prominent colleges with the arrangements which they have in use to instruct players how to tackle properly and will furnish, on application, blue prints showing how apparatus should be set up. Uprights and cross-beam can be purchased at any sawmill, and the prices for all other equipments necessary are as follows:

Tackling dummy—Made of heavy brown canvas, without joining at waist, and reinforced at bottom with heavy sole leather. Each, \$15.00.

Releasing attachment—Complete with pulley block to run on cross rod and spliced to connecting rope. Each, \$10.00.

Steel cross rod—Threaded, complete with nuts and washers. Each, \$5.00.

Another addition to the list of training apparatus is the bucking machine, which has been used very successfully in several colleges. A cut and description of this machine may be seen on the front inside cover of this book.

Every player should possess a copy of Spalding's Official Foot Ball Guide, edited by Walter Camp, the secretary of the rules committee and the most prominent authority on foot ball in the United States.

The newly revised rules are, of course, the most important feature of the book, and are presented in an attractive form, being printed in large type, with copious side notes and an index and a diagram showing the new field markings.

The list of subjects comprises chapters on the game, with a description of the play and directions for laying out a field, in addition to which are given explanations of points of play for the benefit of the spectator. Mr. Camp's All-America selection, forms the usual interesting chapter on this subject, appended to which is a list of teams selected for the same honor by leading writers on the game.

The popularity of foot ball, however, is now so widespread that it has been found necessary to get someone familiar with the conditions locally to write on the game in each territory. The first of these articles is Foot Ball in the Middle West, by A. A. Stagg, director of physical culture and athletics at the University of Chicago and now a member of the rules committee; Foot Ball in the South is by John Longer deSaulles, the famous Yale quarter of 1901, who is particularly interested in the game in that section; Foot Ball in New England is reviewed by M. E. Webb, foot ball editor of the Boston Globe; George Orton, of the University of Pennsylvania, tells of the game in the Middle States; Archie Rice of the San Francisco Chronicle writes of Pacific Coast foot ball, and Martin Delaney, of St. Louis University, describes the game in the Southwest, while Frank D. Woodworth of Toronto contributes an article on Rugby in Canada.

Illustrations have always been a feature of Spalding's Official Foot Ball Guide, and this year's issue surpasses all others in the number of teams represented, the aggregate number of players shown being at least four thousand. The records of teams from every part of the country during the past year are also given.

Spalding's Official Foot Ball Guide is for sale by all newsdealers or will be sent to any address in the United States or Canada upon receipt of 10 cents by the publishers of Spalding's Athletic Library, the American Sports Publishing Company, 15 Warren Street, New York.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 12—Association Foot Ball

Contains valuable information, diagrams of play, and rules for both the Gaelic and Association styles of play. Price 10 cents.

No. 13—How to Play Hand Ball



By the world's champion, Michael Egan, of Jersey City. This book has been rewritten and brought up to date in every particular. Every play is thoroughly explained by text and diagram. The numerous illustrations consist of full pages made from photographs of Champion Egan, showing him in all his characteristic attitudes when playing. These pictures were made exclusively for this book and cannot be found

in any other publication. This is undoubtedly the best work on hand ball ever published. Price 10 cents.

No. 14—Curling

History of the sport; diagram of curling rink; rules for curling; diagrams of play. Price 10 cents.

No. 16—How to Become a Skater



By Geo. D. Phillips, for years the American champion. Contains chapter for boys and advice for beginners; how to become a figure skater thoroughly explained, with many diagrams showing how to do all the different tricks of the best figure skaters, including the Mohawk, with all its variations; Q's, forward and backward, inside and outside; the crosscuts,

including the difficult Swedish style; inside and outside spins; the grapevine, with its numerous branches, and many other styles, which will be comparatively simple to any one who follows the directions given. Illustrated with pictures of leading skaters in action. Price 10 cents.

No. 23—Canoeing

By C. Bowyer Vaux. Paddling, sailing, cruising and racing canoes and their uses; canoeing and camping; paddling; sailing; racing regulations. Price 10 cents.



No. 27—College Athletics

M. C. Murphy, the well-known athletic trainer, now with Yale University, the author of this book, has written it especially for the schoolboy and college man, but it is invaluable for the athlete who wishes to excel in any branch of athletic sport. The subjects comprise the following articles:

Training, starting, sprinting; how to train for the quarter, half, mile and longer distances; walking; high and broad jumping; hurdling; pole vaulting; putting the shot; throwing the hammer. Illustrated with pictures of leading college athletes. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 29—Exercising With Pulley Weights

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium, Anderson Normal School, Chautauqua University. In conjunction with a chest machine anyone with this book can become perfectly developed. Contains all the various movements necessary to become proficient and of well-developed physique. Thoroughly explained and illustrated with numerous drawings. Price 10 cents.

No. 40—Archery

By J. S. Mitchel. An introductory chapter on the use of the bow and arrow; archery of the present day; the bow and how to use it, with practical illustrations on the right and wrong method of aiming. Price 10 cents.

No. 55—Official Sporting Rules

Contains rules not found in other publications for the government of many sports; rules for wrestling, cross-country running, shuffleboard, skating, snowshoeing, quoits, potato racing, professional racing, racquets, pigeon flying, dog racing, pistol and revolver shooting. Price 10 cents.

No. 87—Athletic Primer

Edited by J. E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union; tells how to organize an athletic club, how to conduct an athletic meeting, and gives rules for the government of athletic meetings; contents also include directions for building a track and laying out athletic grounds, and a very instructive article on training; fully illustrated with pictures of leading athletes in action. Price 10 cents.



No. 102—Ground Tumbling

By Prof. Henry Walter Worth, who was for years physical director of the Armour Institute of Technology. Any boy, by reading this book and following the instructions, which are drawn from life, can become a proficient tumbler; all the various tricks explained. Price 10 cents.

No. 104—The Grading of Gymnastic Exercises

By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. The contents comprise: The place of the class in physical training; grading of exercises and season schedules—grading of men, grading of exercises, season schedules for various classes, elementary and advanced classes, leaders, optional exercises, examinations, college and school work; calisthenic exercises, graded apparatus exercises and general massed class exercises. Nearly 200 pages. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY



No. 124—How to Become a Gymnast

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.

No. 128—How to Row



By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsman and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Contains also the official laws of boat racing of the

National Association of Amateur Oarsmen. Price 10 cents.

No. 129—Water Polo



By Gus Sundstrom, instructor at the New York A. C. It treats of every detail, the individual work of the players, the practice of the team, how to throw the ball, with illustrations and many valuable hints. Price 10 cents.

No. 135—Official Handbook of the A. A. U. of the United States

The A. A. U. is the governing body of athletes in the United States of America, and all games must be held under its rules, which are exclusively published in this handbook, and a copy should be in the hands of every athlete and every club officer in America. This book contains the official rules for running, jumping, weight throwing, hurdling, pole vaulting, swimming, boxing, wrestling, etc., and is an encyclopedia in itself. Price 10 cents.

No. 136—Official Y. M. C. A. Handbook



Edited by G. T. Hepbron, the well-known athletic authority. It contains the official rules governing all sports under the jurisdiction of the Y. M. C. A., a complete report of the physical directors' conference, official Y. M. C. A. scoring tables, pentathlon rules, many pictures of the leading Y. M. C. A. athletes of the country, official Y. M. C. A. athletic rules, constitution and by-laws of the Athletic League of Y. M. C. A., all

around indoor test, volley ball rules; illustrated. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 138—Official Croquet Guide

Contains directions for playing, diagrams of important strokes, description of grounds, instructions for the beginner, terms used in the game, and the official playing rules. Price 10 cents.

No. 140—Wrestling

Catch as catch can style. By E. H. Hitchcock, M. D., of Cornell, and R. F. Nelligan, of Amherst College. The book contains nearly seventy illustrations of the different holds, photographed especially and so described that anybody who desires to become expert in wrestling can with little effort learn every one. Price 10 cents.

No. 142—Physical Training Simplified

By Prof. E. B. Warman, the well-known physical culture expert. Is a complete, thorough and practical book where the whole man is considered—brain and body. By following the instructions no apparatus is required. The book is adapted for both sexes. The exercises comprise directions as follows: how to stand; how to sit; how to rest; breathing; exercises for the fingers, wrists, elbows, shoulders, neck, hips, knees, ankles; a word about the muscles; the arms and thighs; shoulders and chest; waist; sides; back and abdomen; bowing; bending; twisting; the liver squeezer, etc., etc. Fully illustrated. Price 10 cents.

No. 143—Indian Clubs and Dumb-Bells

Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.



No. 149—The Care of the Body

A book that all who value health should read and follow its instructions. By Prof. E. B. Warman, the well known lecturer and authority on physical culture. The subject is thoroughly treated, as a glance at the following small portion of the contents shows: An all-around athlete; muscular Christianity; eating; diet—various opinions; bill of fare for brain workers; bill of fare for muscle-makers; what to eat and drink; a simple diet; an opinion on brain food; why is food required? drinking water; nutrition—how food nourishes the body; a day's food, how used; constituents of a day's ration—beefsteak, potatoes bread, butter, water; germs of disease; diseases peculiar to children; digestion—time required; dieting; milk; alcoholic drinks; tobacco; should clergymen smoke? corsets; methods of training; symmetrical development; the perfect man; the perfect woman; proper weight, height and measurement; the secret of not growing old; three rules for preventing wrinkles; physicians and drugs; Christian science; catching cold; bathing; the uses of salt; catarrh; a clear complexion; sleeping; insomnia; the care of the feet; color of the clothing; breathing; ventilation. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 152—Table Tennis

The contents include the official rules and illustrations of the various strokes, posed by experts. Price 10 cents.

No. 154—Field Hockey



To those in need of vigorous and healthful out-of-doors exercise, this game is recommended highly. Its healthful attributes are manifold and the interest of player and spectator alike is kept active throughout the progress of the game. Can be played by either sex and occupies a prom-

inent place in the sports at Vassar, Smith, Wellesley, Bryn Mawr and other leading colleges. Price 10 cents.

No. 156—The Athlete's Guide



How to become an athlete. It contains full instructions for the beginner, telling how to sprint, hurdle, jump and throw weights, general hints on training; in fact, this book is one of the most complete on the subject that has ever appeared. Special chapters contain valuable advice to beginners and important A. A. U. rules and their explanations, while the pictures comprise many exclusive scenes showing champions in action. Price 10 cents.

No. 157—How to Play Lawn Tennis

A complete description of lawn tennis is found in this book; a history of the game; a lesson for beginners and directions telling how to make the most important strokes; styles and skill of the experts; the American twist service; how to build and keep a court. Illustrated from photographs of leading players in action. Price 10 cents.

No. 158—Indoor and Outdoor Gymnastic Games

Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. C. A. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums, schools, outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups; simple games for a large number, tag games and racing games; games for a few; ball games and athletic feats. Price 10 cents.

No. 161—Ten Minutes' Exercise for Busy Men

By Dr. Luther Halsey Gulick, superintendent of physical training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten minutes' work as directed is exercise anyone can follow. It already has had a large sale and has been highly commended by all who have followed its instructions. Nearly 100 pages of illustrations, and 100 of text. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 162—How to Become a Boxer

For many years books have been issued on the art of boxing, but it has remained for us to arrange a book that we think is sure to fill all demands. It contains over 70 pages of illustrations showing all the latest blows, posed especially for this book under the supervision of one of the best instructors of boxing in the United States, who makes a specialty of teaching and who knows how to impart his knowledge. They are so arranged that anyone can easily become a proficient boxer. The book also contains pictures of all the well known boxers. A partial list of the 200 pages of the book include: A history of boxing; how to box; the correct position; the hands; clenching the fist; the art of gauging distance; the first principles of hitting; the elements of defence; feinting; knockout blows: the chin punch; the blow under the ear; the famous solar plexus knockout; the heart blow; famous blows and their originators: Fitzsimmons' contribution; the McCoy corkscrew; the kidney punch; the liver punch; the science of boxing; proper position of hand and arm, left hook to face; hook to the jaw; how to deliver the solar plexus; correct delivery of a right uppercut; blocking a right swing and sending a right uppercut to chin; blocking a left swing and sending a left uppercut to chin; the side step; hints on training, diet and breathing; how the boxer trains; boxing in the Amateur Athletic Union; rules for boxing. Price 10 cents.



No. 165—The Art of Fencing

This is a new book by Regis and Louis Senac, of New York, famous instructors and leading authorities on the subject. Messrs. Senac give in detail how every move should be made, and tell it so clearly that anyone can follow the instructions. It is illustrated with sixty full page pictures, posed especially for this book. Price 10 cents.



No. 166—How to Swing Indian Clubs

By Prof. E. B. Warman, the well-known exponent of physical culture. The most complete work on this special subject ever issued. By following the directions carefully anyone can become an expert. Price 10 cents.

No. 167—Quoits

By M. W. Deshong. The need of a book on this interesting game has been felt by many who wished to know the fine points and tricks used by the experts. Mr. Deshong explains them, with illustrations, so that a novice can readily understand. Price 10 cents.

No. 170—Push Ball

Played with an air-inflated ball 6 feet in diameter, weighing about 50 pounds. A side consists of eleven men. This book contains the official rules and a sketch of the game; illustrated. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY



No. 171—Basket Ball for Women

Edited by Miss Senda Berenson, of Smith College. Contains the rules for basket ball for women as adopted by the conference on physical training, held in June, 1899, at Springfield, Mass., and articles on the following subjects: Psychological effects of basket ball for women, by Dr. Luther H. Gulick, superintendent of physical training in the schools of Greater New York; physiological effects of basket ball, by Theodore Hough, Ph. D.; significance of basket ball for women, by Senda Berenson; relative merit of the Y. M. C. A. rules and women's rules, by Augusta Lane Patrick; practical side of basket ball, by Ellen Emerson, B. K., Agnes Childs, A. B., Fanny Garrison. A. B., diagram of field, showing position of team; illustrated with many pictures of basket ball teams. Price 10 cents.



No. 174—Distance and Cross Country Running

By George Orton, the famous University of Pennsylvania runner. Tells how to become proficient at the quarter, half, mile, the longer distances, and cross-country running and steeplechasing, with instructions for training and schedules to be observed when preparing for a contest. Illustrated with numerous pictures of leading athletes in action, with comments by the editor on the good and bad points shown. Price 10 cents.



No. 177—How to Swim

By J. H. Sterrett, the leading authority on swimming in America. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke; breathing; under-arm side stroke; scientific strokes—over-arm side stroke; double over-arm or "trudgeon" stroke; touching and turning; training for racing; ornamental swimming; floating; diving; running header; back dive; diving feet foremost; the propeller; marching on the water; swimming on the back; amateur swimming rules; amateur plunging rules. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 189—Rules for Games

Compiled by Jessie H. Bancroft, director of physical training, department of education, New York City, Borough of Brooklyn. The games described in this book are intended for use at recesses, and all but the team games have been adapted to large classes. While it is desirable that all the players should have a maximum of physical activity, it has been found that some games, which keep only a few of the players running at once, are of important service for mental hygiene, through their power of holding the voluntary attention. Indeed, the interest of the children has been made one test of the success of the games. The games are suitable for children from three to eight years, and include a great variety, divided under the general heads of ball games, bean bag games, circle games, singing games and miscellaneous games. Price 10 cents.

No. 190—Official Athletic Almanac

Compiled by J. E. Sullivan, Secretary-Treasurer of the Amateur Athletic Union. It is the only annual publication issued now that contains a complete list of amateur best-on-records; complete intercollegiate records; complete English records from 1866; swimming records; inter-scholastic records; Irish, Scotch and Australasian records; reports of leading athletic meets; skating records; important athletic events and numerous photos of individual athletes and leading athletic teams. Issued January 1st of each year. Price 10 cents.

No. 191—How to Punch the Bag



By W. H. Rothwell ("Young Corbett"), champion featherweight of the world. This book is undoubtedly the best treatise on bag punching that has ever been printed. Every variety of blow used in training is shown and explained. The pictures comprise thirty-three full page reproductions of Young Corbett as he appears while at work in his training quarters. The photographs were taken by our special artist and cannot be seen in any other publication than Spalding's

Athletic Library No. 191. Fancy bag punching is treated by a well known theatrical bag puncher, who shows the latest tricks. Price 10 cents.

No. 192—Indoor Base Ball

America's national game is now vying with other indoor games as a winter pastime. This book contains the playing rules, pictures of leading teams, and interesting articles on the game. Price 10 cents.

No. 193—How to Play Basket Ball

By G. T. Hepbron, editor of the Official Basket Ball Guide. Contains full instructions for players, both for the expert and the novice, duties of officials, and specially posed full page pictures showing the correct and incorrect methods of playing. The demand for a book of this character is fully satisfied in this publication, as many points are included which could not be incorporated in the annual publication of the Basket Ball Guide for want of room. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 194—Racquets, Squash-Racquets and Court Tennis

The need of an authoritative handbook at a popular price on these games is filled by this book. How to play each game is thoroughly explained, and all the difficult strokes shown by special photographs taken especially for this book. Contains the official rules for each game, with scenes of famous courts. Price 10 cents.



No. 195—Official Roque Guide

The official publication of the National Roque Association of America. Edited by Prof. Charles Jacobus, ex-champion. Contains a description of the courts and their construction, diagrams of the field, illustrations, rules and valuable information concerning the game of roque. Price 10 cents.

No. 196—Official Base Ball Guide

Edited by Henry Chadwick, the "Father of Base Ball," the official publication of base ball. It contains a complete record of all leagues in America, pictures of teams, official rules and reviews of the game. The standard base ball annual of the country. Price 10 cents.

No. 197—Spalding's Lawn Tennis Annual

Contains official statistics, photographs of leading players, special articles on the game, review of important tournaments, official rules, handicapping rules and tables; list of fixtures for the current year and other valuable information. Price 10 cents.

No. 198—Spalding's Official Cricket Guide

Edited by Jerome Flannery. The most complete year book of the game that has ever been published in America. It contains all the records of the previous year, reports of special matches, official rules and pictures of all the leading teams and individual players. Price 10 cents.

No. 199—Equestrian Polo Guide

Compiled by H. L. FitzPatrick of the New York Sun. Illustrated with portraits of leading players and contains most useful information for polo players in relation to playing the game, choosing of equipment and mounts; contains the official rules and handicaps of the National Association. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 200—Dumb-Bells

This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, of New York City, was formerly superintendent of physical culture in the Elizabeth (N. J.) public schools, instructor at Columbia University, instructor for four years at the Columbia summer school, and is now proprietor of the Liberty Street Gymnasium, at 121 Liberty Street, New York City. The book contains 200 photographs of all the various exercises, with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise as well. Price 10 cents.



No. 201—Lacrosse—From Candidate to Team

By William C. Schmeisser, captain Johns Hopkins University champion intercollegiate lacrosse team of 1902; edited by Ronald T. Abercrombie, ex-captain and coach of Johns Hopkins University lacrosse team, 1900-1904. Every position is thoroughly explained in a most simple and concise manner, rendering it the best manual of the game ever published. Illustrated with numerous snapshots of important plays. Price 10 cents.

No. 202—How to Play Base Ball

Edited by T. H. Murnane. New and revised edition. Contents: How to become a batter, by Napoleon Lajoie, James Collins, Hugh Jennings and Jesse Tannehill; how to run the bases, by Jack Doyle and Frank L. Chance; advice to base runners: by James E. Sullivan, Secretary-Treasurer A.A.U.; how to become a good pitcher, by Cy Young, "Rube" Waddell and Bert Cunningham; on curve pitching, by Cy Young, James J. Callahan, Frank Donahue, Vic Willis, William Dineen and Charley Nichols; how to become a good catcher, by Eddie Phelps, William Sullivan and M. J. Kittridge; how to play first base, by Hugh Jennings; how to play second base, by Napoleon Lajoie and William Gleason; how to play third base, by James Collins and Lave Cross; how to play shortstop, by Herman Long; how to play the infield, by Charles A. Comiskey; how to play the outfield, by Fred Clarke; the earmarks of a ball player, by John J. McGraw; good advice for players; how to organize a team; how to manage a team; how to score a game; how to umpire a game; base ball rules interpreted for boys. Price 10 cents.

No. 203—Ice Hockey and Ice Polo

Written by the most famous player in Canada, A. Farrell, of the Shamrock hockey team of Montreal. It contains a complete description of the game, its origin, points of a good player, and an instructive article on how game is played, with diagrams and official rules. Illustrated with pictures of leading teams. Price 10 cents.



SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 204—Official Intercollegiate A.A.A. Handbook

Contains constitution, by-laws, laws of athletics, and rules to govern the awarding of the championship cup of the Intercollegiate Athletic Association of Amateur Athletes of America, the governing body in college athletics. Contains official intercollegiate records from 1876 to 1903, with the winner's name and time in each event, list of points won by each college, and list of officers of the association from 1889 to 1904, inclusive. To anyone interested in college athletics the book is invaluable as a record. Price 10 cents.

No. 205—Official Handbook of the Public Schools Athletic League



This is the official handbook of the Public Schools Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools, and

Wm. C. J. Kelly, secretary of the league. Illustrated with numerous portraits of schoolboy athletes. Price 10 cents.

No. 206—How to Play Golf

No golfer should miss having a copy of this golf guide. Harry Vardon tells how to play game, with life-like illustrations showing the different strokes. The book also contains the revised official rules, official records, as well as pictures of many important players, and a directory giving name, address, membership and length of course of golf clubs in the United States. Price 10 cents.



No. 207—Bowling on the Green; or, Lawn Bowls



This famous Scottish game has achieved considerable popularity in America. Contains an account of the introduction of the game in America; diagram of a green; how to construct a green; necessary equipment; how to play the game, and the official rules as promulgated by the Scottish Bowling Association. This handbook of

the game has been edited by Mr. James W. Greig, a well known authority, and is thoroughly up to date. Illustrated with portraits of prominent players. Price 10 cents.

SPALDING'S ATHLETIC LIBRARY

PRICE TEN CENTS PER COPY

No. 208—Physical Education and Hygiene

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166 and 185), and a glance at the contents will show the variety of subjects: Chapter I—Basic principles; longevity. Chapter II—Hints on eating; food values; the uses of salt. Chapter III—Medicinal value of certain foods. Chapter IV—The efficacy of sugar; sugar, food for muscular work; eating for strength and endurance; fish as brain food; food for the children. Chapter V—Digestibility; bread; appendicitis due to flour. Chapter VI—Hints on drinking—Water, milk, butter-milk, tea, coffee; how to remain young. Chapter VII—Hints on bathing; cold, hot, warm, tepid, salt, sun, air, Russian, Turkish, cabinet. Chapter VIII—Hints on breathing; breathlessness, heart strain, second wind, yawning, the art of yogi; as applied to bicycling. Price 10 cents.

No. 210—How to Play Foot Ball

Edited by Walter Camp. Revised for season of 1904. The contents embrace everything that a beginner wants to know and many points that an expert will be glad to learn. An introductory chapter for beginners; how to play and tackle; back formations, by Walter Camp. Quarterback is described by deSaullès, the famous Yale player; how to give signals is explained by Rockwell and Hogan of the Yale team, who show with many diagrams how the big teams make their sensational plays; Lewis, the well-known Harvard player, gives instructions in the methods of defence, and William T. Reid, the former Harvard fullback, tells of the duties of the backs. The pictures are made from snapshots of leading teams and individual players in action, with comments by Walter Camp. Price 10 cents.



No. 211—Spalding's Official Foot Ball Guide

Edited by Walter Camp. Contains the new rules, with diagram of field as newly arranged; special chapters on the game, foot ball for the spectator, All-America teams, as selected by leading authorities; Middle West, Southern, Canadian foot ball, records, and pictures of all the prominent teams, embracing nearly



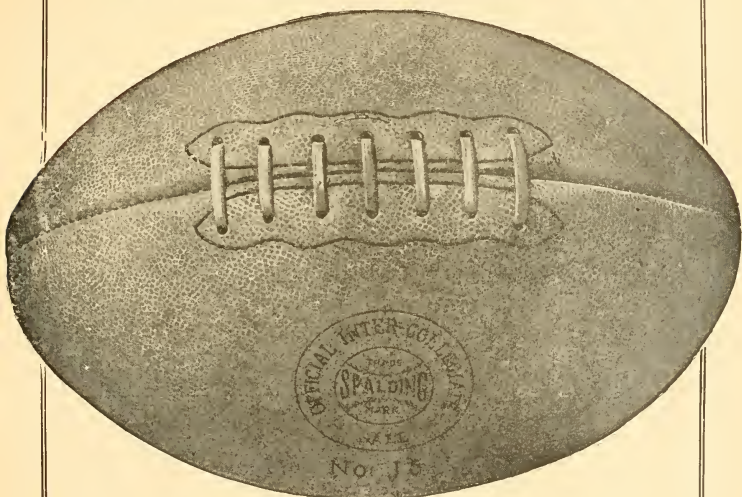
3,000 players. Price 10 cents.

No. 212—Official Basket Ball Guide

Edited by George T. Hepbron. Contains the revised official rules, decisions on disputed points, records of prominent teams, reports on the game from various parts of the country, and pictures of hundreds of players. The standard basket ball annual of the country. Price 10 cents.



The Spalding Official Intercollegiate Foot Ball



We have spared no expense in making this ball perfect in every detail, and offer it as the finest foot ball ever produced. Each ball is thoroughly tested, packed in a separate box and sealed, so that our customers are guaranteed a perfect ball inside when same is received with seal unbroken. A polished and nickel-plated brass foot ball inflater and lacing needle will be packed with each Intercollegiate foot ball without extra charge. Used exclusively by all the leading universities, colleges and athletic associations without exception.

No. J5 Foot Ball. Complete, \$4.00

A. G. SPALDING & BROS.

New York
Boston
Buffalo

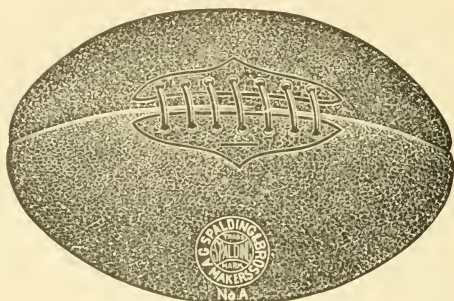
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London England

THE SPALDING RUGBY "SPECIAL"



A substantial ball in every detail. Made of specially tanned imported grain leather and put together in a most thorough manner. Superior in style and quality to the many balls put on the market in imitation of our Official No. J5 Ball. Each ball put up in a sealed box with guaranteed bladder and rawhide lace.

No. A. Rugby "Special" Foot Ball. Each, \$2.50

Send for Spalding's handsomely illustrated catalogue.
Mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

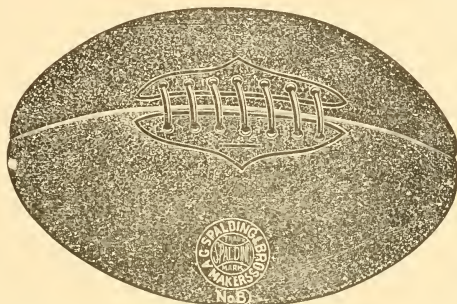
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

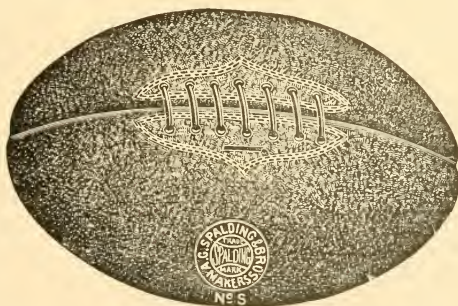
San Francisco
Montreal, Can.
London, England

Rugby Foot Ball



Selected fine grain leather case. Well made and will give excellent satisfaction. Each ball packed complete in sealed box with guaranteed bladder and rawhide lace.

No. B. Regulation size. Each, \$2.00



Rugby Foot Ball

Good quality leather case, pebble graining. Each ball packed complete with guaranteed bladder in sealed box; brass eyelets for lacing and substantially made throughout.

No. S. Regulation size. Each, \$1.25

A. G. SPALDING & BROS.

New York
Boston
Buffalo

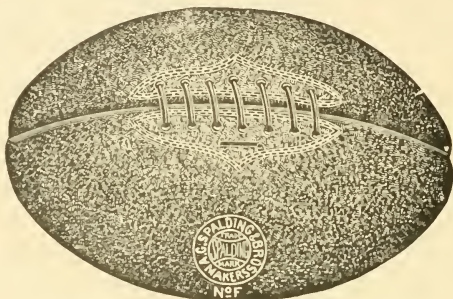
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

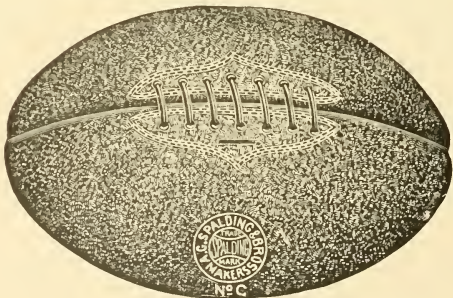
RUGBY FOOT BALL



Handsomely grained cowhide case of excellent quality. Each ball packed complete with guaranteed bladder and rawhide lace in sealed box.

No. F. Regulation size. Each, \$1.50

RUGBY FOOT BALL



Well made leather case, pebble graining; standard trade mark quality. Each ball packed complete with guaranteed bladder in sealed box.

No. C. Regulation size. Each, \$1.00

A. G. SPALDING & BROS.

New York
Boston
Buffalo

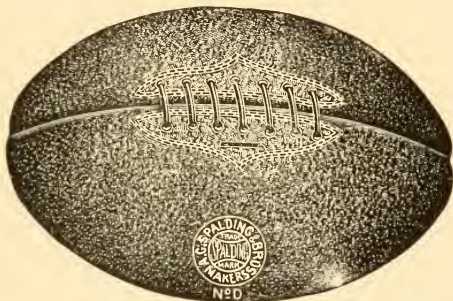
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

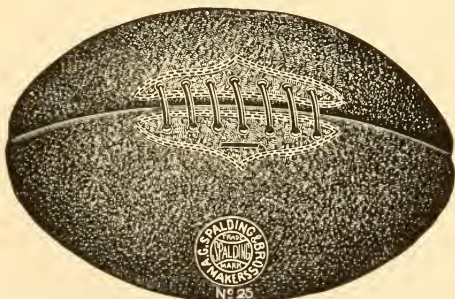
San Francisco
Montreal, Can.
London, England

RUGBY FOOT BALLS



Trade-Mark quality; leather case, pebbled graining. Each ball complete with guaranteed bladder in sealed box.

No. D. Regulation size. Each, \$1.00



Leather case, trade-mark quality. Each ball complete with guaranteed bladder in sealed box.

No. 25. Regulation size. Each, 75c.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

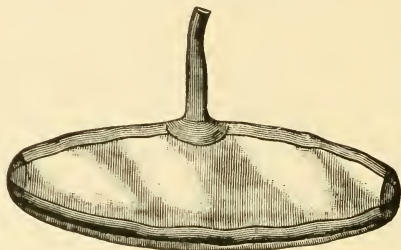
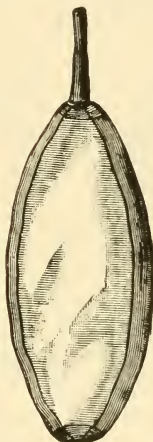
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Guaranteed Foot Ball Bladders



No. OA.	For No. L Ball.	Each, 75c.
No. OB.	For No. K Ball.	" 75c.
No. OR.	For Nos. J5 and A Balls.	" 75c.
No. AP.	For Nos. O, N and P Balls.	60c.
No. P.	For No. B Ball.	" 50c.
No. R.	For Nos. C, D and S Balls.	" 50c.
No. 3.	For Nos. F and 25 Balls.	" 40c.

"Club" Foot Ball Inflator



Made of polished brass, nickel-plated. Extreme length closed, 13 1-2 inches; cylinder 10 inches long and diameter 1 1-2 inch.

No. 2. Club Brass Inflator. Each, 50c.

Pocket Foot Ball Inflator



Made of brass, nickel-plated and polished; convenient in size and quick in action. The cylinder is 5 1-2 inches long and diameter 7-8 inch; extreme length closed 7 1-4 inches.

No. 3. Brass Inflator. Each, 25c.

A. C. SPALDING & BROS.

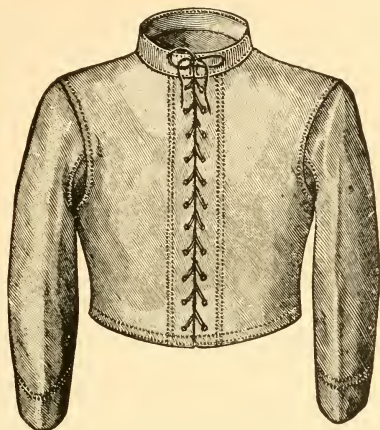
New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England



Nos. 1 and X

Foot Ball Jackets

Jackets, with sleeves;
made of special brown
canvas, sewed with
the best and strongest
linen; hand made eye-
lets for lacing.

No. 1. Each, 75c.

Jacket, sleeveless; otherwise
same as our No. 1.

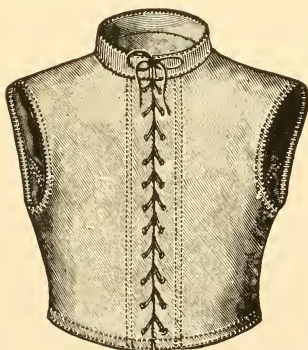
No. 1S. Each, 60c.

Jacket, with sleeves; good qual-
ity white canvas, well made.

No. X. Each, 50c.

Jacket, sleeveless; otherwise
same as No. X.

No. XS. Each, 40c.



Nos. 1S and XS

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

FOOT BALL PANTS

—CANVAS—

No. 1P.

Extra quality brown canvas, well padded throughout and cane strips at thighs.

Per pair, \$1.75

No. 2P.

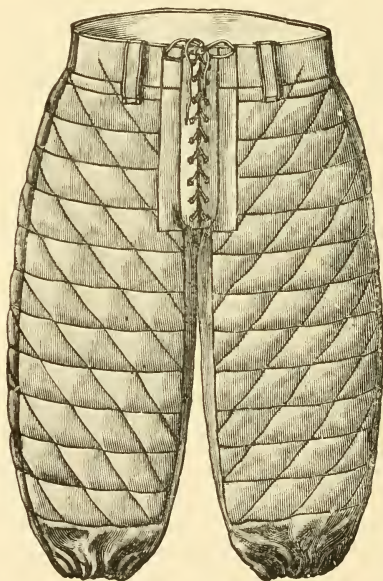
Good quality brown canvas, well padded and substantially made.

Per pair, \$1.00

No. XP.

Made of heavy white drill and well padded.

Per pair, 75c.



No. XP

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. C. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

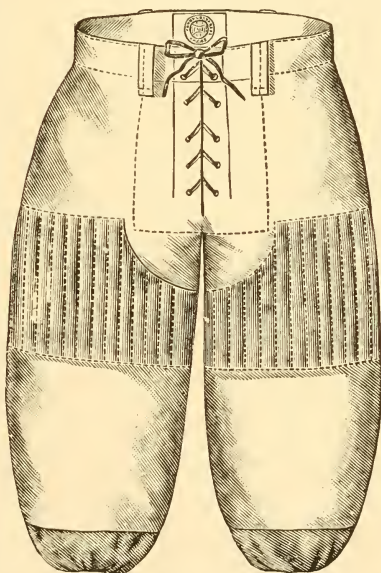
St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

FOOT BALL PANTS

—MOLESKIN—



Showing style Padding used in Nos. 00R,
0MR, 1P and 2P.

Intercollegiate Foot Ball Pants, lace front, made of the best and most serviceable drab moleskin, manufactured expressly for the purpose. The hips and knees are padded according to our improved method with curled hair, and the thighs with cane strips.

No. 00R. Padded.
Per pair, \$5.00

No. 00R. Unpadded.
Per pair, \$4.00

No. 0MR. Made in same style as our 00R, but of a cheaper grade of moleskin, padded.
Per pair, \$3.00

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

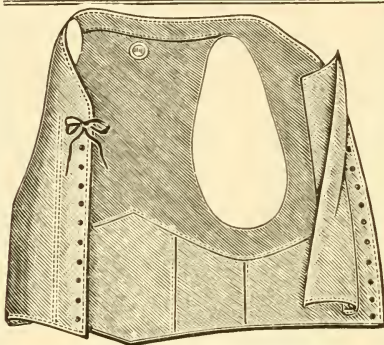
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

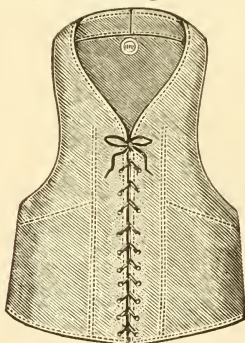
Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

The Spalding Special 'Varsity Foot Ball Jackets—Sleeveless



Showing No. VK Jacket. Note reinforcement and extra large arm holes.



No. VJ.

We make two styles of jackets, both sleeveless, in this grade. The illustrations will show some of the features of the VK style, which is made according to the very latest ideas. Arm holes, particularly, are made extra large and there is a heavy reinforcement running all around them and around neck and back to give additional strength at those points where it is most needed and to support lacing at edges.

Jacket, sleeveless.

No. VK. Each, \$1.25

Jacket, sleeveless; regular style, without reinforcement.

No. VJ. Each, \$1.00

A. G. SPALDING & BROS.

New York
Boston
Buffalo

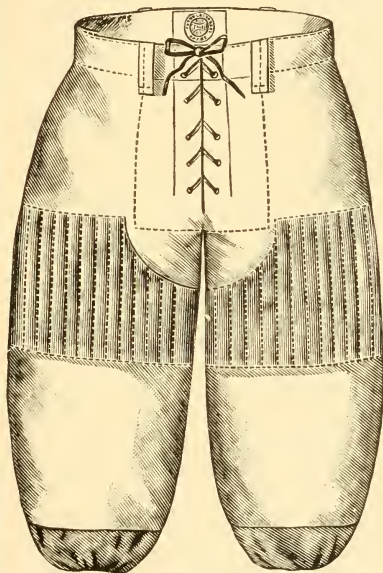
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

The Spalding Special 'Varsity Foot Ball Trousers—Padded



The hips and knees are properly padded according to our improved method, with pure curled hair, and the thighs have cane strips. Absolutely best grade throughout. Trousers padded.

No. VT.

Per pair, \$2.50

The Spalding Special 'Varsity Union Foot Ball Suit consists of VT Trousers and either No. VK or VJ Jackets, with elastic belt joining them. Made to order. Prices on application.

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

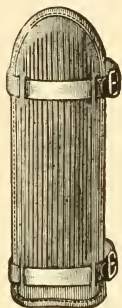
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

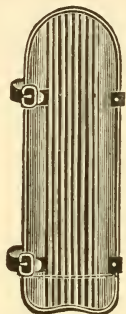
Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

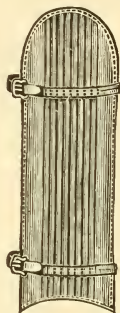
SPALDING'S FOOT BALL SHIN GUARDS



No. 30



No. 60



No. 9

Made of heavy sole leather, corrugated and molded to shape, but flexible so that they will conform to any size leg. The new method of attaching the light but strong straps permits the guards to be bound lightly to leg and prevents them from getting loose or shifting. A very light guard but gives absolute protection to the shins.

No. 30. Sole Leather. Per pair, \$1.50

Made with covering of black leather, backed up with real rattan reeds and felt padding. Leather straps and binding. Light in weight and well made.

No. 60. Per pair, \$1.25

Made of cotton moleskin, backed up with real rattan and felt padding. Substantially made.

No. 11. Per pair, 60c.

We are making two sizes and styles of canvas shin guards, both well made and light in weight.

Canvas. Length 9 inches. Reed and felt padding.

No. 8. Per pair, 40c.

Canvas. Length 11 inches; Reed and felt padding.

No. 9. Per pair, 50c.

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

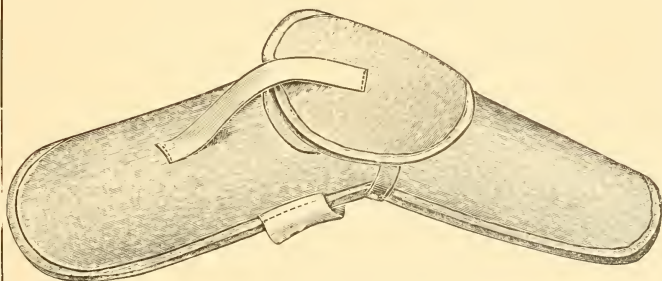
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

The Spalding Combined Leg, Knee and Shin Guard



Made after model submitted to us by Glenn S. Warner of Cornell, and will give perfect protection with absolute freedom of movements. Heavily covered with wool felt both inside and out and in exact accordance with decisions of Rules Committee.

No. C. Each, \$5.00

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

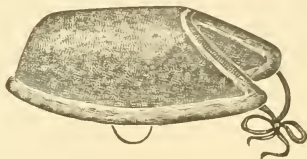
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

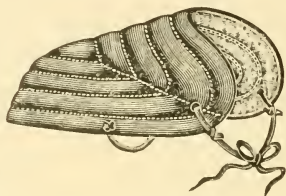
Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Improved Shoulder Pads



No. B



No. D

Designed by Glenn S. Warner of Cornell. This pad is made to fit the player's shoulder. It is heavily padded both inside and out with wool felt in exact accordance with decisions of Rules Committee and meets with the hearty endorsement of every player and trainer who has examined it. Will be worn this season by the best players on the college teams.

No. B. Each, **\$2.50**

Made with soft black leather covering, padded with heavy felt and fitted with adjusting laces and elastic. Selvage left for attaching to jersey.

No. D. Each, **\$1.00**

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

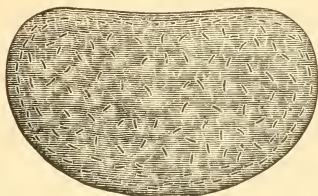
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

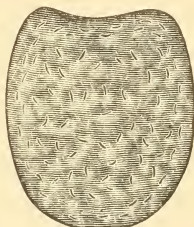
Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Leather Covered Pads



No. 2



No. 1

These adjustable pads are hand made and considerably better than any we have ever furnished before. Can be readily attached to any part of a jersey, but are especially adapted to the shoulders and elbows. Covered with tan leather, and padded with a new material which has all the softness of curled hair and the durability of felt.

No. 1. Shoulder Pad. Each, **50c.** Pair, **\$1.00**

No. 2. Elbow Pad. " **50c.** " **1.00**

Same as above, but covered with brown canvas instead of leather.

No. 3. Shoulder Pad. Each, **25c.** Pair, **50c.**

No. 4. Elbow Pad. " **25c.** " **50c.**

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

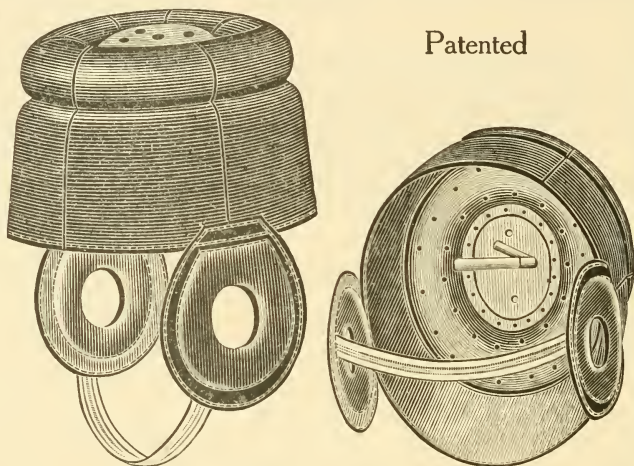
St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Pneumatic Head Harness

Patented



This represents really one of the greatest improvements that has so far been invented in the way of equipment for foot ball. It is made of soft black leather with an inflated crown. The pneumatic part of the head harness is sufficient to give ample protection with space left for ventilation through heavy wool felt. In every particular it is made in accordance with official rules. Heartily endorsed by prominent players and trainers who have examined it thoroughly. When ordering specify size of hat worn.

No. 70. Each, \$5.00

A. G. SPALDING & BROS.

New York
Boston
Buffalo

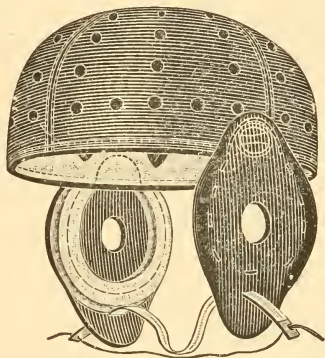
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Head Harness



Made of firm tanned black leather, molded to shape, perforated for ventilation and well padded. Adjustable chin strap. This head harness presents a perfectly smooth surface, and while giving absolute protection is one of the coolest and lightest made. When ordering specify size of hat worn.

No. A. Each, **\$5.00**

Send for Spalding's handsomely illustrated catalogue
of all sports. Mailed free to any address

A. C. SPALDING & BROS.

New York
Boston
Buffalo

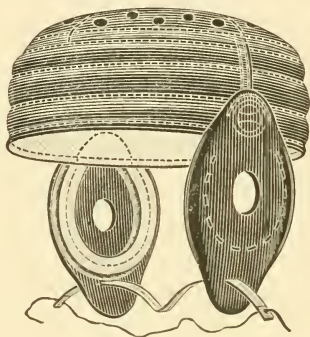
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Head Harness

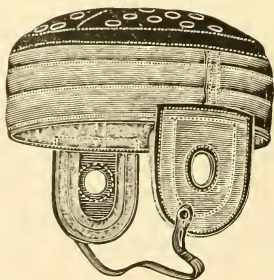


Made with soft black leather top and sides, molded leather ear pieces, adjustable chin strap. Top padded with felt and well ventilated. Sides stitched and felt padded with canvas lining. When ordering specify size of hat worn

No. B. Each, **\$2.50**

Made with soft black leather top, well ventilated; mole-skin sides and ear pieces, elastic chin strap. Nicely padded with felt and substantially made. When ordering specify size of hat worn.

No. C. Each, **\$1.50**



Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

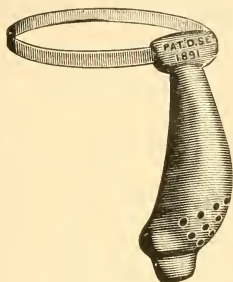
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Morrill's Nose Mask



Morrill's Nose Mask is made of the finest rubber, and no wire or metal is used in its construction. It has become a

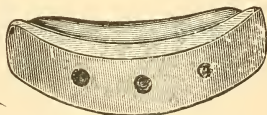
necessity on every foot ball team, and affords absolute protection to the nose and teeth.

No. 1. Nose Mask, regulation size. Each, **\$1.50**

No. 1 B. Nose Mask, youths' size. " **1.50**

Spalding's Rubber Mouthpiece

This mouthpiece is made of best quality Para rubber. Gives perfect protection to the mouth and teeth.



No. 2. Mouthpiece. Each, **25c.**

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

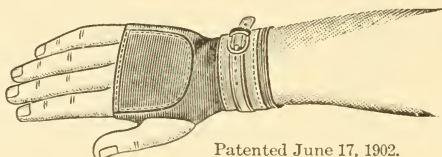
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Combination Foot Ball Glove and Wrist Supporter

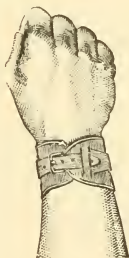


Patented June 17, 1902.

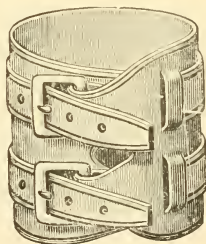
Designed by H. B. Conibear, Trainer, University of Chicago. The back of the hand is protected by a piece of sole leather, and any strain to the wrist is avoided by leather strap supporter which forms the upper part of the glove. The glove does not interfere with the free use of the hand, and those in use last season were highly commended by the players.

No. 1. Made for right or left hand. Each, \$1.00

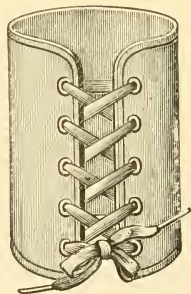
Leather Wrist Supporters



No. 100



No. 200



No. 300

- | | | |
|----------|--|------|
| No. 100. | Single strap and buckle, tan or black. | 25c. |
| No. 200. | Double strap and buckle, tan or black. | 35c. |
| No. 300. | Laced Supporter, tan or black. | 25c. |

A. G. SPALDING & BROS.

New York
Boston
Buffalo

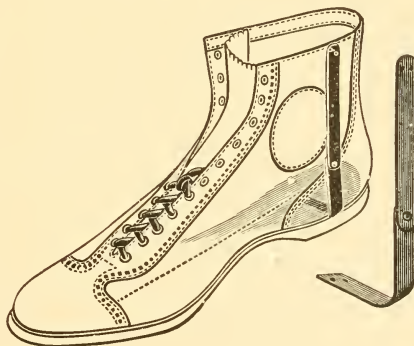
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Foot Ball Ankle Brace



Designed
by Mike Murphy,
the celebrated
trainer of the
Yale team.

The brace is made of two pieces of finely tempered steel, jointed. It absolutely prevents turning of the ankle, and has been most thoroughly tested in actual play by the Yale team. Can be put in your shoes by any shoemaker.

No. 23. Ankle Brace. Per pair, 50c.

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

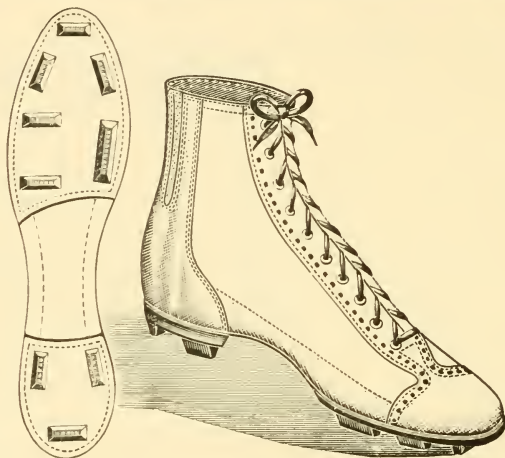
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Improved Foot Ball Shoes



No. AX. Showing New Arrangement of Cleats.

The Spalding Special Sprinting Foot Ball Shoe

Made on our famous running shoe last. Finest kangaroo leather and hand made throughout. Equipped with Spalding's Foot Ball Ankle Brace. This style shoe was used by the Princeton team in their most important games last season.

No. AX. Per pair, **\$8.00**

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Improved Foot Ball Shoes



No. A2-0. Showing New Arrangement of Cleats.

The Spalding Foot Ball Shoe

Recognized as standard by foot ball players everywhere. Finest kangaroo leather, with circular reinforce on sides. Hand made throughout.

No. A2-0. Per pair, **\$7.50**

Sprinting Shoe, extremely light; otherwise same as our No. A2-0.

No. A2-0S. Per pair, **\$7.50**

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

—Spalding's— Improved Foot Ball Shoes

The 'Varsity Shoe

Finest black calfskin; hand made throughout.
Equipped with Spalding's Foot Ball Ankle Brace.
Will give excellent satisfaction.

No. A2-M. Per pair, \$5.50

The Club Special Shoe

Black calfskin, good quality, machine sewed, very well made.

No. A2. Per pair, \$4.50

Sprinting Shoe, extremely light; otherwise same as our No. A2.

No. A-2S. Per pair, \$4.50

The Amateur Special Shoe

Black calfskin, good quality, machine sewed. A very serviceable shoe.

No. A-3. Per pair, \$3.50

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

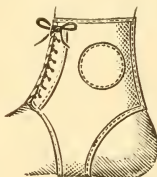
The Hackey Patent Ankle Supporter

(Pat. May 12, 1897. A. G. Spalding & Bros., Sole Licensees)

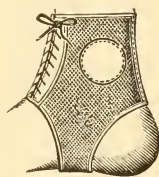
The styles of ankle supporters which we manufacture under the Hackey Patent have given universal satisfaction. They are worn over or under stocking. Relieve pain immediately and cure a sprain in a remarkably short time. In ordering give size of shoe worn.



No. H.



No. SH



No. CH

Soft tanned leather, best quality.

No. H. Per pair, **\$1.00**

Good quality sheepskin; lined, bound and reinforced.

No. SH. Per pair, **50c.**

Black duck, lined and bound, leather reinforced.

No. CH. Per pair, **25c.**

Spalding's handsomely illustrated catalogue of athletic goods mailed free to any address.

A. G. SPALDING & BROS.

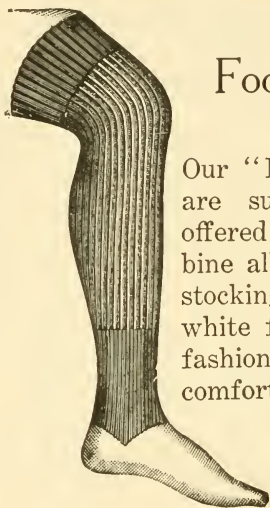
New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England



Spalding's Foot Ball Stockings

Our "Highest Quality" Stockings are superior to anything ever offered for athletic wear, and combine all the essentials of a perfect stocking. They are all wool, have white feet, are heavy ribbed, full fashioned, hug the leg closely but comfortably, and are very durable.

The weaving is of an exclusive and unusually handsome design.

No. 3-0 Plain colors, white feet. . Pair, **\$1.50**

Colors: Black, Navy and Maroon. Other colors to order only. Prices on application.

No. 3-0S. Striped, white feet; made to order only; any color. . . . Pair, **\$1.75**

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's Foot Ball Stockings

Striped Ribbed Stockings

Best quality, all wool; stripes 2-inch, alternate. Colors: Scarlet and Black, Navy and Red, Orange and Black, Maroon and White, Royal Blue and White, Royal Blue and Black, Navy and White. Other colors to order only; prices on application.



No. 1RS. Heavy weight.
Per pair, **\$1.25**

No. 2RS. Medium weight. . Per pair, **\$1.00**

No. 3RS. Good weight. . . " **.75**

Plain Colors

No. 1R. Heavy weight, all wool. Pair, **\$1.00**

No. 2R. Medium weight, all wool. " **.80**

No. 3R. Good weight, wool legs and cotton feet. Pair, **.60**

No. 4R. Cotton. " **.25**

Colors: Black, Navy, Maroon, Royal Blue
and Scarlet.

A. C. SPALDING & BROS.

New York
Boston
Buffalo

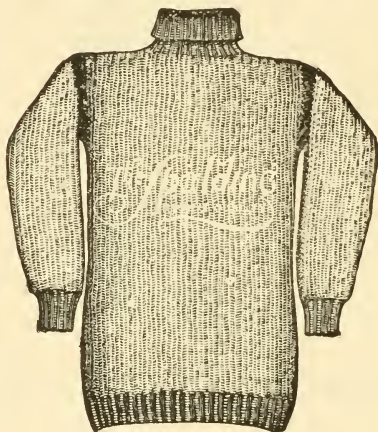
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

The Spalding "Highest Quality" Sweaters



Made of the very finest Australian lamb's wool, and exceedingly soft and pleasant to wear. They are full fashioned to body and arms and without seams of any kind. The various grades in our "Highest Quality" Sweaters are identical in quality and finish, the difference in price being due entirely to variations in weight.

Our No. AA Sweaters are considerably heavier than the heaviest sweater ever knitted and cannot be furnished by any other maker, as we have exclusive control of this special weight.

No. AA.	Particularly suitable for foot ball and skating.	
	Heaviest sweater made.	Each, \$7.00
No. A.	"Intercollegiate," special weight.	6.00
No. B.	Heavy Weight.	5.00
No. C.	Standard Weight.	4.00

Colors: White, Navy Blue, Black, Gray, Maroon and Cardinal.
Other colors to order. Prices on application. All made with 10-inch collars; sizes, 28 to 44 inches.

Send for Spalding's handsomely illustrated catalogue of all athletic sports.
Mailed free to any address.

A. C. SPALDING & BROS.

New York
Boston
Buffalo

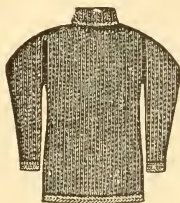
Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England

Spalding's New and Improved Jerseys



We carry following sizes in stock: 28 to 42-inch chest. Other sizes at an advanced price. Our No. 10P line is manufactured from hard twisted worsted and closely woven; of a good quality. Made to stand the severest strain; an absolutely perfect basket ball jersey.

No. 10P. Solid colors: Black, Navy Blue, Gray and Maroon carried in stock; other plain colors to order. Each, \$2.50

No. 12P. In same colors as above. " 2.00

No. 10PX. Same grade, solid color bodies with alternate striped sleeves—usually two inches of same color as the body, with narrow stripe of any desired color. Very popular with sleeveless jackets. . . . Each, \$2.75

Full Striped Jerseys

No. 10PS. Full striped jerseys; two-inch stripes; same goods as above, made in the following combinations of colors: Orange and Black, Gray and Royal Blue, Scarlet and White, Navy and White, Royal Blue and White, Black and Royal Blue, Red and Black, Columbia Blue and White, Navy and Cardinal, Gray and Cardinal, Maroon and White. Each, \$3.00

No. 12PS. Furnished in same colors as 10PS, but collars and cuffs not striped. Each, \$2.25

Spalding's handsomely illustrated catalogue of athletic goods
mailed free to any address.

A. G. SPALDING & BROS.

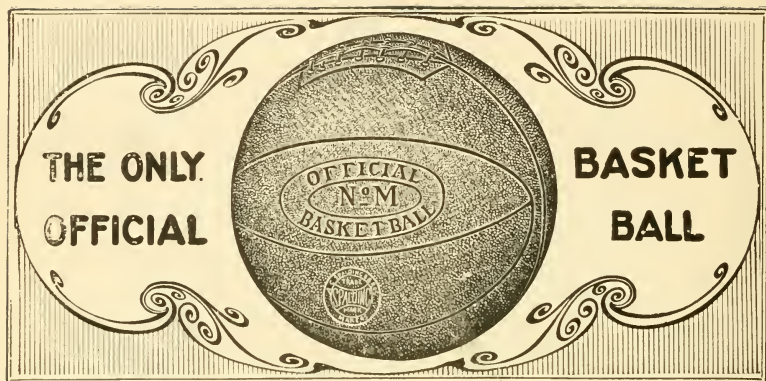
New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England



The Spalding "Official" Basket Ball

Officially adopted and must be used in all match games. The cover is made in eight sections, with capless ends and of the finest and most carefully selected pebble grain leather. The bladder is made specially for this ball, of extra quality Para rubber. Each ball packed complete, in sealed box, and guaranteed perfect in every detail.

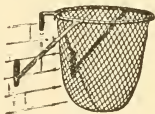
No. 1. "Official" Basket Ball. - - Each, \$5.00

Extracts From Official Rule Book

RULE II.—BALL

SEC. 3. The ball made by A. G. SPALDING & BROS. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.

SEC. 4. The official ball must be used in all match games.



RULE III.—GOALS

SEC. 3. The goal made by A. G. SPALDING & BROS. shall be the official goal.

SEC. 4. The official goal must be used in all match games.



A. G. SPALDING & BROS.

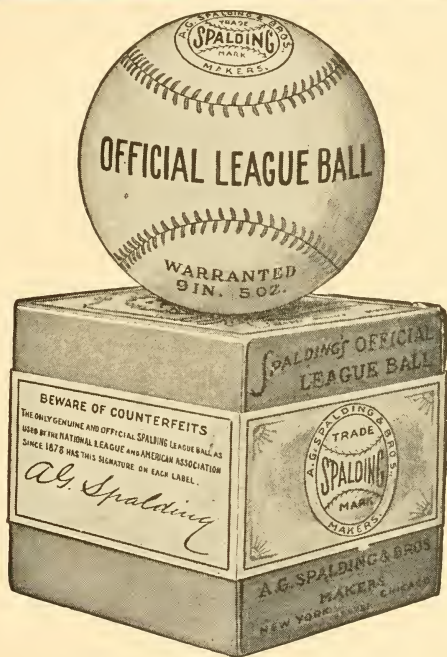
New York
Boston
Buffalo

Chicago
Minneapolis
Philadelphia

St. Louis
Baltimore
Denver

Washington
Kansas City
Pittsburg

San Francisco
Montreal, Can.
London, England



The Spalding Official League Ball.

Used exclusively by the National League, Minor Leagues, and by all Intercollegiate and other Associations for over a quarter of a century. Each ball wrapped in tinfoil and put in a separate box, and sealed in accordance with the regulations of the National League and American Association. Warranted to last a full game when used under ordinary conditions..No. 1. "Official" League Ball. Each, \$1.25

A. G. SPALDING & BROS.

New York
Boston
St. Louis

Chicago
Baltimore
Minneapolis

Philadelphia
Buffalo
Denver
London, England

San Francisco
Kansas City
Montreal, Can.

NOTICE

Copies of this book, handsomely bound in cloth, and printed on fine paper, can be obtained for one dollar, postpaid, from the publishers,

AMERICAN SPORTS PUBLISHING CO.,
15 WARREN STREET, NEW YORK.



THIS is a fac-simile of the grand prize awarded to A. G. Spalding & Bros. for the finest and most complete line of athletic goods exhibited at the Universal Exposition, Paris, 1900. We have brought this medal to America in competition with the leading makers of the world. It is the highest award given for any exhibit and is exclusively granted for the best goods in that particular class.



WE aim to make this trade-mark a badge of honor, standing for all that is best in athletic goods. In manufacturing it is never knowingly put on anything the quality of which is not believed to be the best it is possible to produce for the price. Our business experience extends over a period of nearly thirty years, and coupled with unequalled facilities for manufacturing we can assure our customers, who are the most critical experts in the various sports which this catalogue represents, that an article which bears the Spalding trade-mark will stand the test. Spalding Athletic Goods are the standard of quality, recognized as such by the United States Government in the various departments where athletic goods are used—notably the Army and Navy—endorsed in the highest possible manner, i. e., by the test of continual use in all the principal universities, colleges and preparatory schools of this country, officially adopted as perfect and correct in every particular by the various base ball leagues, and last, but by no means least, approved universally by every man, woman and child who desires athletic goods of highest possible quality at prices that are fair and moderate.

The Spalding Official



Inter-Collegiate
FOOT BALL
No. J 5.





LIBRARY OF CONGRESS



0 006 008 845 7

